**Homework – think of a difficult situation**

Write down what your usual thoughts are about it.

How would you feel emotionally?

How this shows itself physically ?

How does it change your behaviour?

|  |  |
| --- | --- |
| My usual thoughts are:  I can change this to: | How this affects me emotionally:  Emotionally I will feel: |
| How this affects me physically:  Physically I will feel: | How this affects my behaviour:  How this will affect my behaviour |