**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?

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| --- | --- |
| 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 |