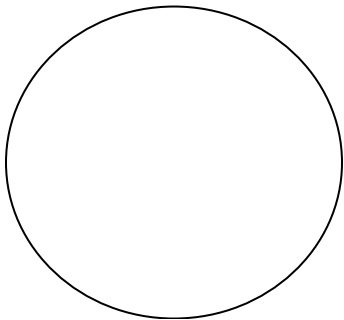
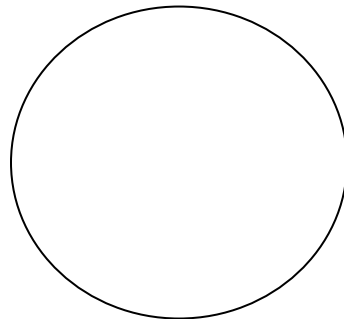


Write down in the space provided, a situation that is not or has not been satisfying to you. (One that you would like to see change.)

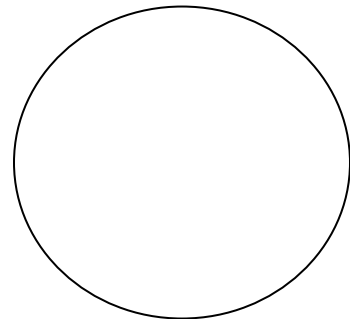
What do you typically Think Feel and Do or during the last time it happened what were your Thinking Feeling and Doing



Think



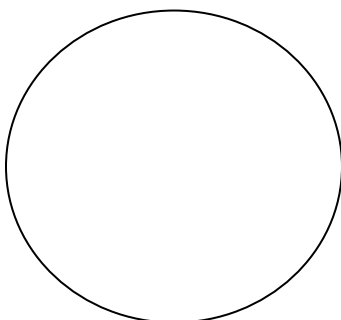
Feel



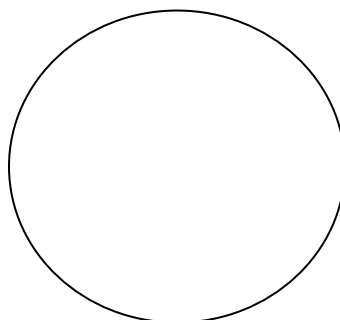
Do

What would your goal for change in the above situation be? I.E. what would you like to be different about the situation?

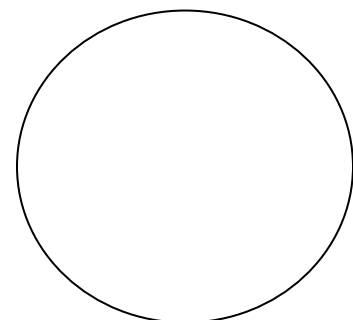
What would you need to do different in order to feel and think new thoughts?



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Think



Feel



Do