

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.)

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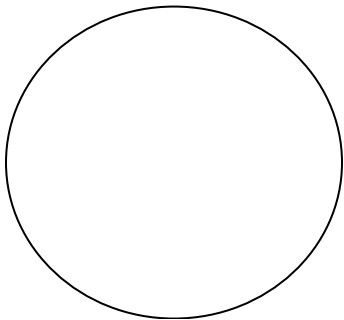
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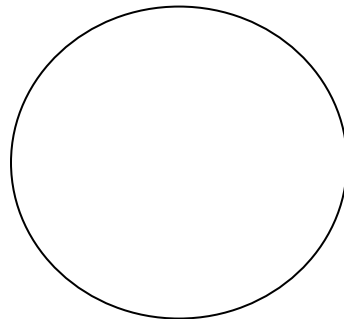
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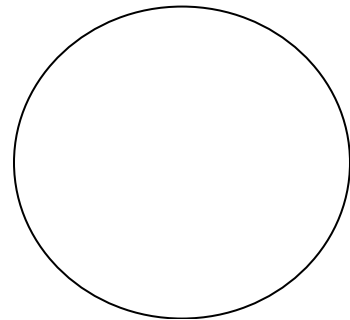
What do you typically Think Feel and Do or during the last time it happened what were your Thinking Feeling and Doing



*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?

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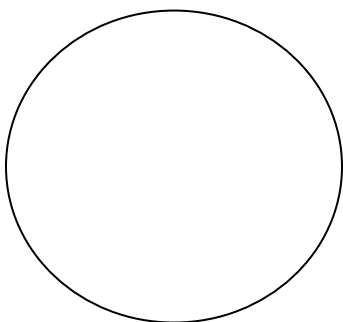
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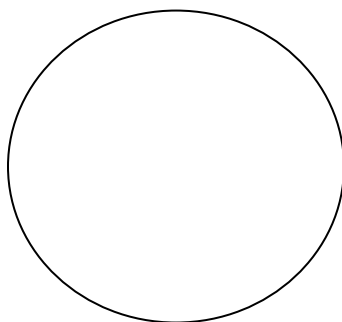
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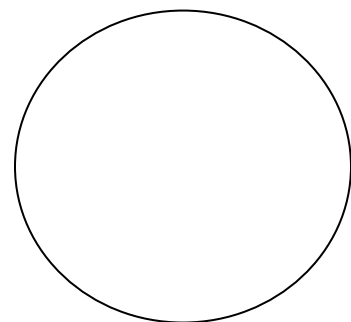
What would you need to do different in order to feel and think new thoughts?



*Think*



*Feel*



*Do*