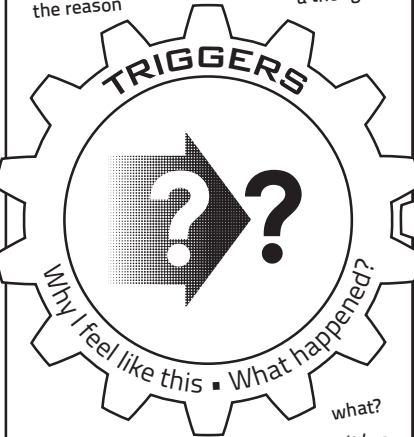

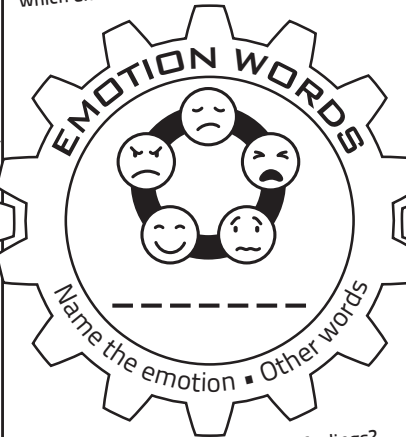
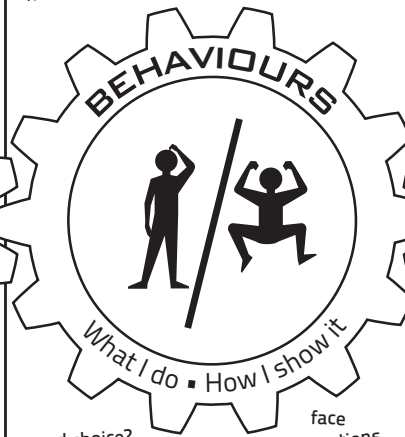



<p>the cause an event a situation the reason a thought</p>  <p>TRIGGERS</p> <p>Why I feel like this ▪ What happened?</p> <p>what? who? where? when?</p>	<p>what's happening in my body? locate the feeling</p>  <p>BODY SENSATIONS</p> <p>Where I feel it ▪ How it feels</p> <p>what does it feel like? describe the sensation</p>	<p>what's the word for how I feel? which emotion is it?</p>  <p>EMOTION WORDS</p> <p>Name the emotion ▪ Other words</p> <p>mixed feelings?</p>	<p>how do I react? show itor hide it? how can I show my emotion?</p>  <p>BEHAVIOURS</p> <p>What I do ▪ How I show it</p> <p>good choice? what else could I do?</p> <p>face actions noises what I say</p>	<p>change the feeling calm down distract attention cheer up feel safe</p>  <p>REGULATION STRATEGIES</p> <p>What makes me feel better?</p> <p>what would help? what can I do? or someone else?</p>
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