

Thinking about my Experience

1. Imagine this pie chart is the inside of your brain. Mark in the amount of the pie (your brain) which is filled with thoughts about what happened.
2. **What do you think about** when you have these thoughts?
3. **What happens to your body and your feelings** when you think these thoughts? (how upset do you get?)
4. **What do you do** when you get these thoughts and feelings?

My thoughts:

My feelings:

What I do:

