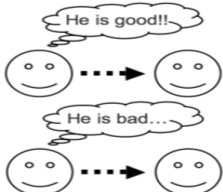
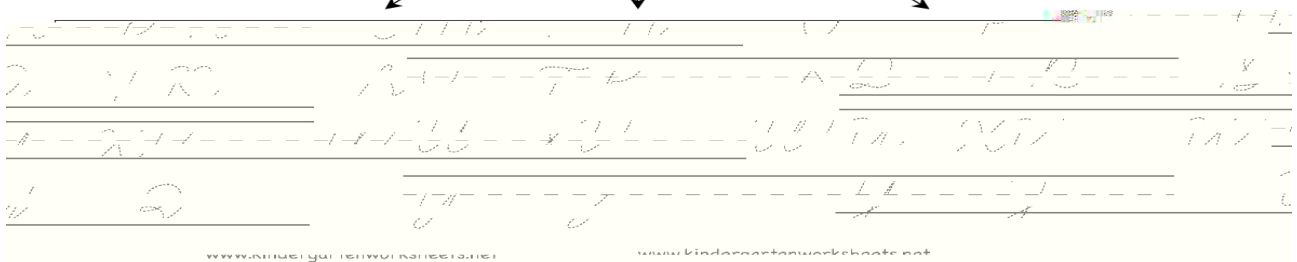


Thought/Feeling/Behaviour Form – *How do we communicate/see others behaviour?*

	Situation (Who? Issue? What are they doing to you? What is their behaviour?)
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Thinking / Beliefs (how are you interpreting it? What are they doing <u>wrong</u>? What does it mean?)



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