

BEHAVIOR AND FEELINGS

Have you ever been in a situation where you thought something bad was going to happen and it made you scared?

Can you explain what happened? Here is an example:

WHAT HAPPENED?

"I usually sleep with a light turned on outside my room. When I woke up in the middle of the night the light had been turned off."

WHAT DID THIS MAKE ME THINK?

"I thought that I was on my own and everyone had gone out and left me."

WHAT DID I FEEL?

"I was terrified that I was on my own."

Can you explain what happened? Here is an example:

WHAT HAPPENED?

WHAT DID THIS MAKE ME THINK?

WHAT DID I FEEL?