

Trigger situation:

Angry self

Anxious self

My body feels:

My body feels:

What I'm thinking and imagining:

What I'm thinking and imagining:

What my angry self would do:

What my anxious self would do:

What my angry self wants to happen:

What my anxious self wants to happen:

Sad self

Compassionate self

My body feels:

My body feels:

What I'm thinking and imagining:

What I'm thinking and imagining:

What my sad self would do:

What my compassionate self would do:

What my sad self wants to happen:

What my compassionate self wants to happen: