




## Get Your Life Back

Have a go at catching one or two of your own puppies (thoughts) here:

Situation	Thought	Feeling
 <hr/> <hr/> <hr/> <hr/>	 <hr/> <hr/> <hr/> <hr/>	 <hr/> <hr/> <hr/> <hr/>

These thoughts and feelings are like untrained, unruly puppies – they just run around, causing havoc. We will learn how to tame them. Eventually, they will have collars and leads. We can take them along with us to where we want to go, along the road towards getting our lives back.