

When you think about your problem behaviours you will probably be able to recognise feelings that go with them. Write down what feelings come along with your behaviours. As we have already seen, Cheyenne had feelings of shame, which made her be unkind to herself. Rick had feelings of anger, which made him shout at other road users. Some of our feelings produce good outcomes but they can also increase our problems.

What are the feelings that come with your problem behaviours? Write them down here:



Problem behaviour

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*The Wheel of Experience*



Feelings

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Problem behaviour

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Feelings

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