

**BOTTOM LINE DOWNWARD ARROW CHART**

**Situation:** \_\_\_\_\_

**Emotions:** \_\_\_\_\_

**Key thought:** \_\_\_\_\_

*What does that mean about me?*



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*What does that mean about me?*



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*What does that mean about me?*



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*What does that mean about me?*



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*So I am:*



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