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| SITUATION (What are you doing or about to do? What has just happened) |
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| FEELINGS (Stressed, nervous, anxious, angry, frustrated, sad, tired, mad, happy, distracted, blah.....) |
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| 1st Thoughts running through head: Smart & EMOTIONAL (TRICK) BRAIN thoughts | SMART BRAIN thoughts to challenge EMOTIONAL (TRICK) Brain Thoughts |
|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • • • • • | <ul style="list-style-type: none"> • • • • • |

| EMOTIONAL (Trick) BRAIN Behaviours | SMART BRAIN Behaviours |
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