

Situation

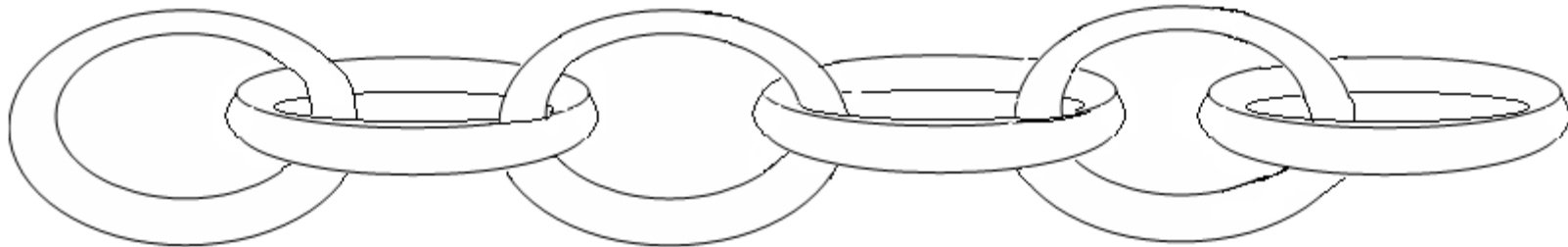
Thought

Emotion

Body Sensation

Joy/Misery

Action



Going into the situation, what was your **vulnerability** or **strength**?

What was the Trigger?

What was a possible Intervention?

What did you learn from the situation?