

How Our Thoughts Control US!

Trigger: something happens that I say is unpleasant.



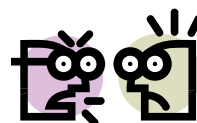
I start thinking about it



I start to feel the way I am thinking



I act on what I am feeling



My behavior can escalate my feelings and I pay for my actions with consequences for my behavior.



Think Different! For Change!

