



Thoughts - Feelings - Actions

WHAT HAPPENED, AND WHAT WAS GOING ON INSIDE



When something hard happens, our thoughts, feelings, and actions are all connected. Drawing them out helps us see what's going on — and what we might do differently next time.

1. THE SITUATION

What happened? Just the facts — like a camera would see it.

2. THE TRIANGLE

THOUGHTS

What was going through my head?

FEELINGS

How did my body and heart feel?

ACTIONS

What did I do or say?

3. WHAT MIGHT I TRY DIFFERENTLY NEXT TIME?
