

# Feeling bad?

What to notice.... What to do....

1	<p><b>Feeling bad?</b></p> <p>Sad? Ashamed? Scared? Angry? Hurt? Hopeless? Bored? Small?</p>	
2	<p><b>What's happening?</b></p> <p>Someone said or did something that upset me... Someone did not do something and that upset me ... Something I was thinking about...</p>	
3	<p><b>Upsetting thoughts and images</b></p> <p>Notice the thoughts that go through your mind... Or any pictures/images you can see in your mind's eye</p>	
4	<p><b>New ways to think</b></p>	
5	<p><b>Do I need an action plan?</b></p>	
6	<p><b>Feeling better?</b></p>	