



Helping you reclaim your life and relationships

Personal Responsibility:

- My attitude
- My actions
- My understanding

Event > Story > Feelings > Behaviour

Event: Describe the event *objectively* ~ What actually happened?

Story: What is the talk *in my head* about this event?

Feelings: What am I feeling (*my* internal state)

Behaviour: How am I behaving/have I behaved?

Question: What will I do to improve/resolve my internal state? (See “Personal Responsibility” above)