

## REGULATING EMOTIONS

## "WHAT WE FOCUS ON HAS A GREAT DEAL TO DO WITH WHAT SHOWS UP IN OUR LIVES"

(POWEROFTED.COM)

	Trigger	
Thought		Emotion
	How Did You React?	
	Outcome	



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TRIGGER - YOUR THOUGHT OR EMOTION		
BEHAVIOR RESPONSE		
IS THIS USEFUL?		
WHAT'S AN ALTERNATIVE?		