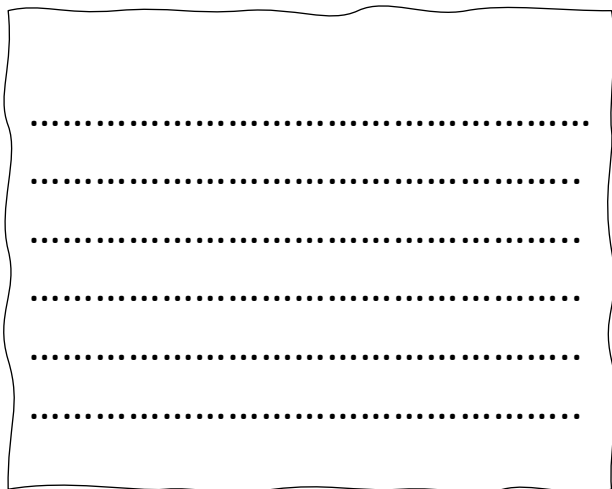
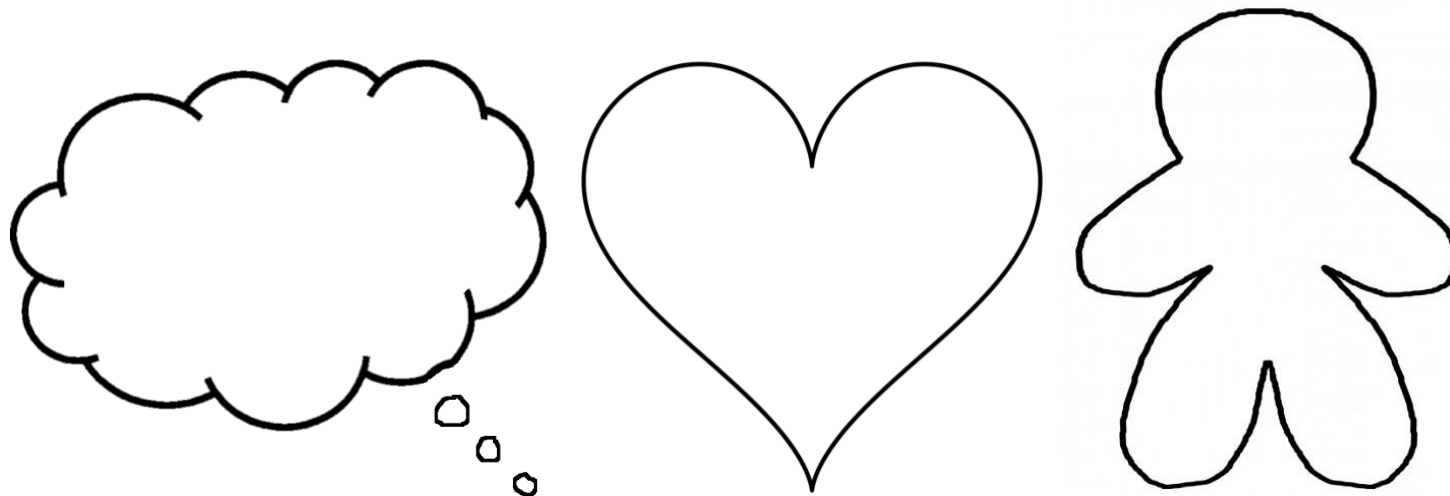


My Therapeutic Storyboard

What Happened?
(Trigger or Event)

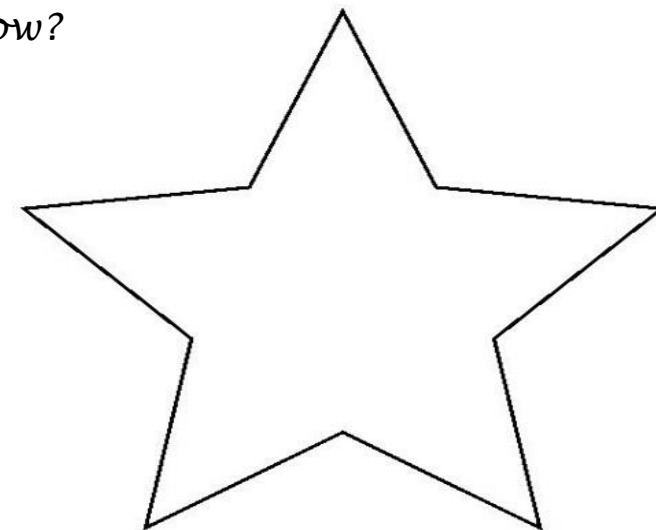
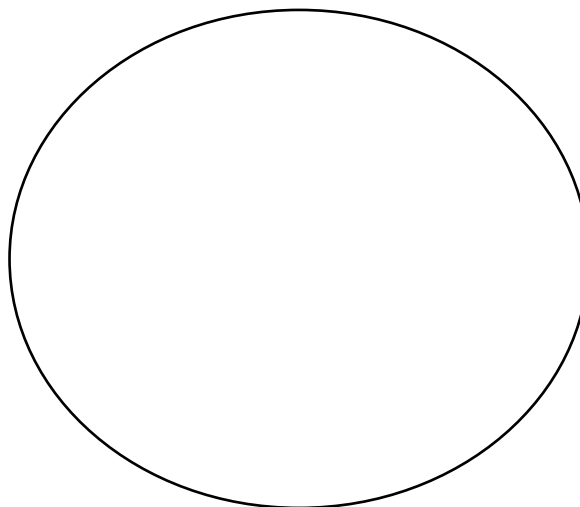
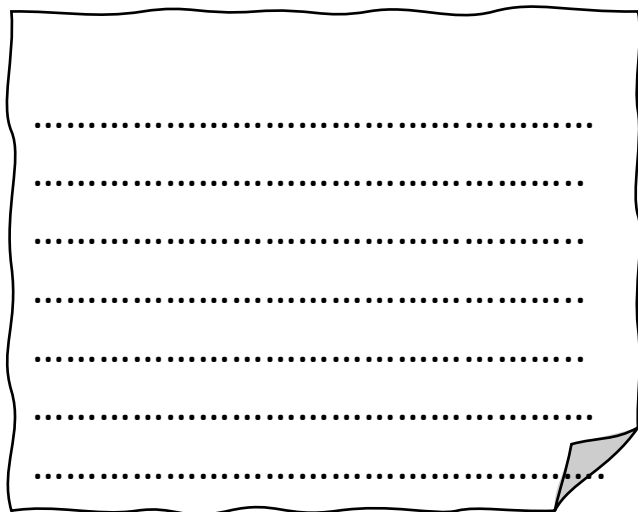


My Thoughts, Feelings & Body Sensations



Others' Feelings & Thoughts?

What Else is Going on For You Right Now?



What Did You Do?
(Actions or Behaviour)

What Do You Need?