

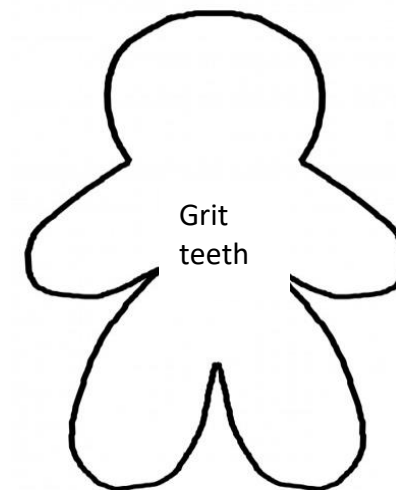
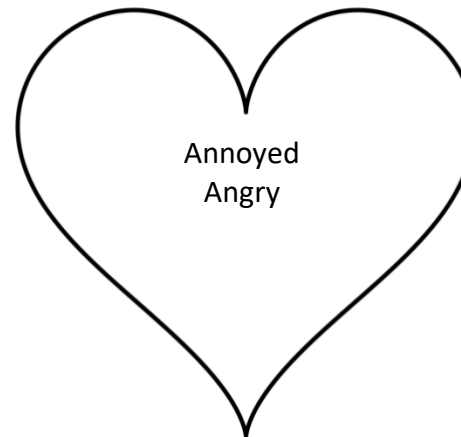
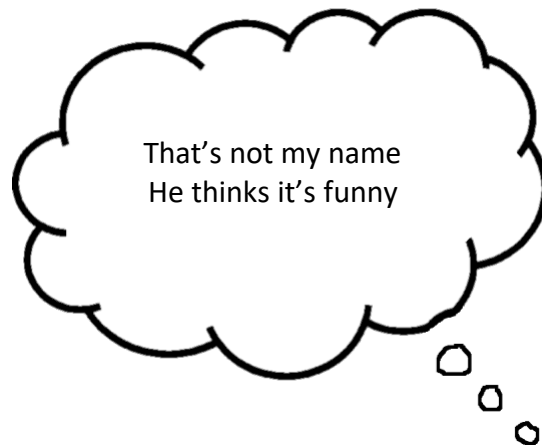
My Therapeutic Storyboard

What Happened? (Trigger or Event)

My brother called me a boy's
name.....

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My Thoughts, Feelings & Body Sensations

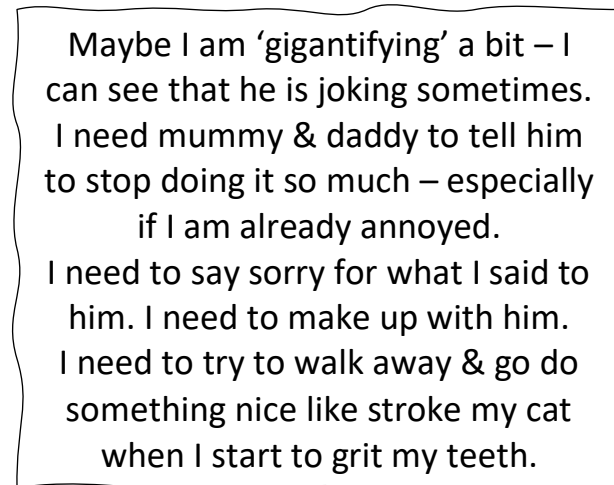
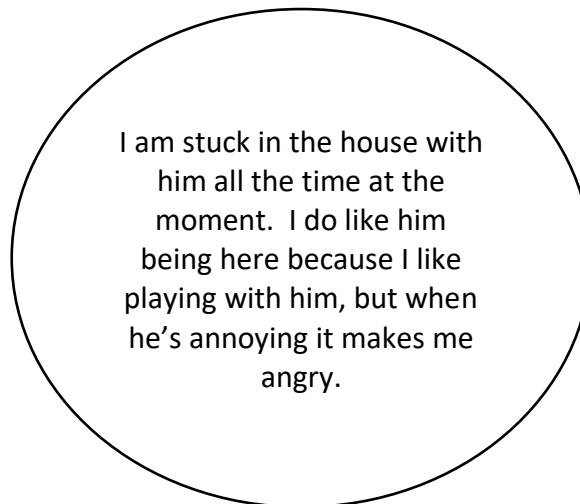


Others' Feelings & Thoughts? He is probably trying to make me laugh or smile

What Else is Going On For You Right Now?

I shouted at him and told him I was
going to hit him if he said it again...

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What Did You Do? (Actions or Behaviour)

What Do You Need?