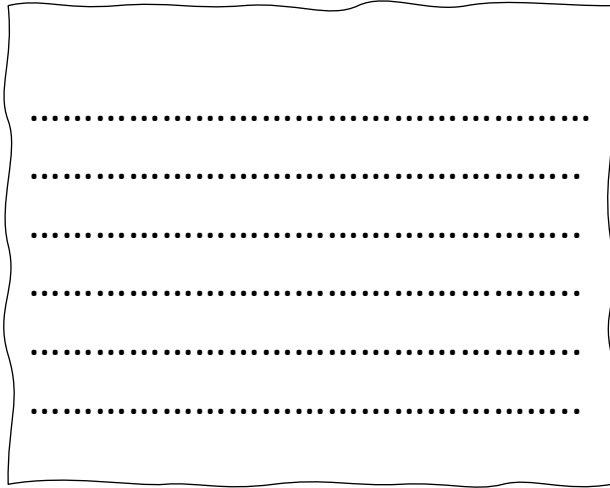
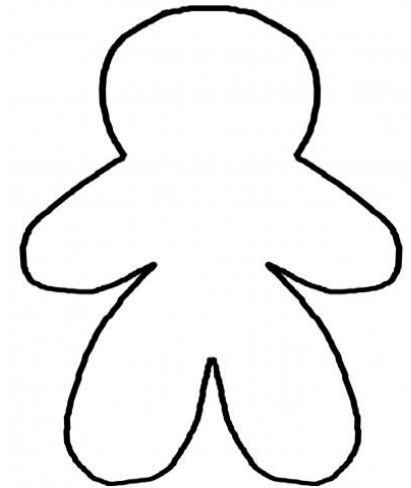
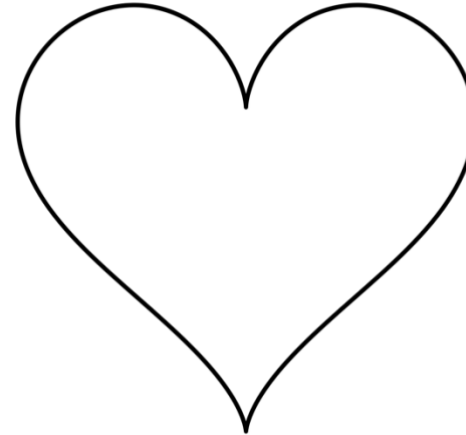


# My Therapeutic Storyboard

What Happened?  
(Trigger or Event)

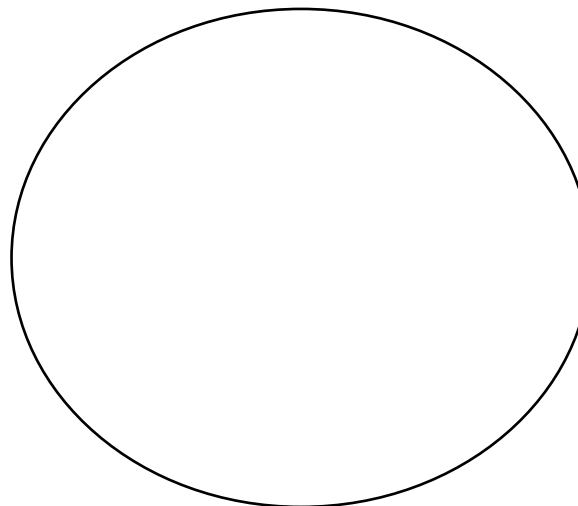


My Thoughts, Feelings & Body Sensations



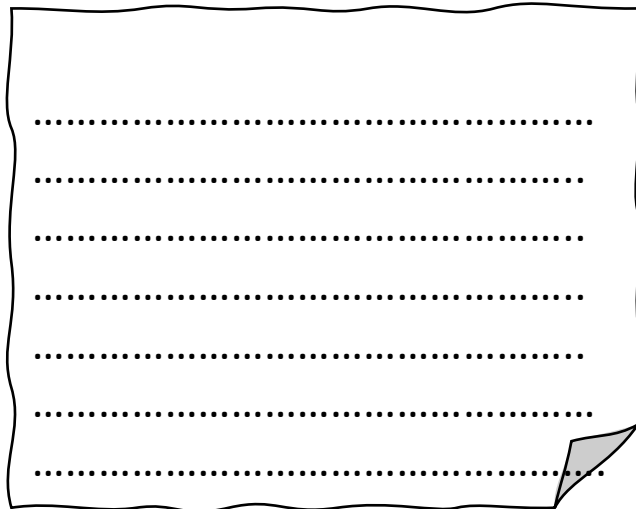
Others' Feelings & Thoughts?

What Else is Going on For You Right Now?



What Do You Need?

What Did You Do?  
(Actions or Behaviour)



Consider the 5Rs i.e. Regulation,  
Reframing, Resolving,  
Restoration & Resilience