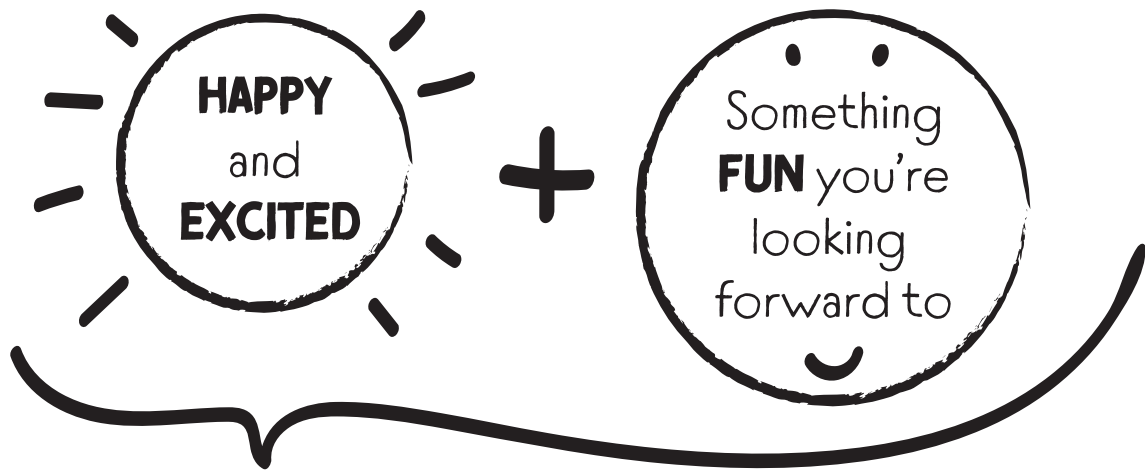


FEELINGS, THOUGHTS AND ACTIONS

Our **FEELINGS** and **THOUGHTS** can show up in the things we **DO** and the way we **ACT**. So...

If you're feeling...

And thinking about...



Or, if you're feeling **SAD**, and thinking about something **BAD** that's happened recently, you might be **QUIET**, **TEARFUL** and **WANT TO BE ALONE**. You might get **ANNOYED BY STUFF** more than usual, or find **DOING ORDINARY THINGS MORE DIFFICULT?**