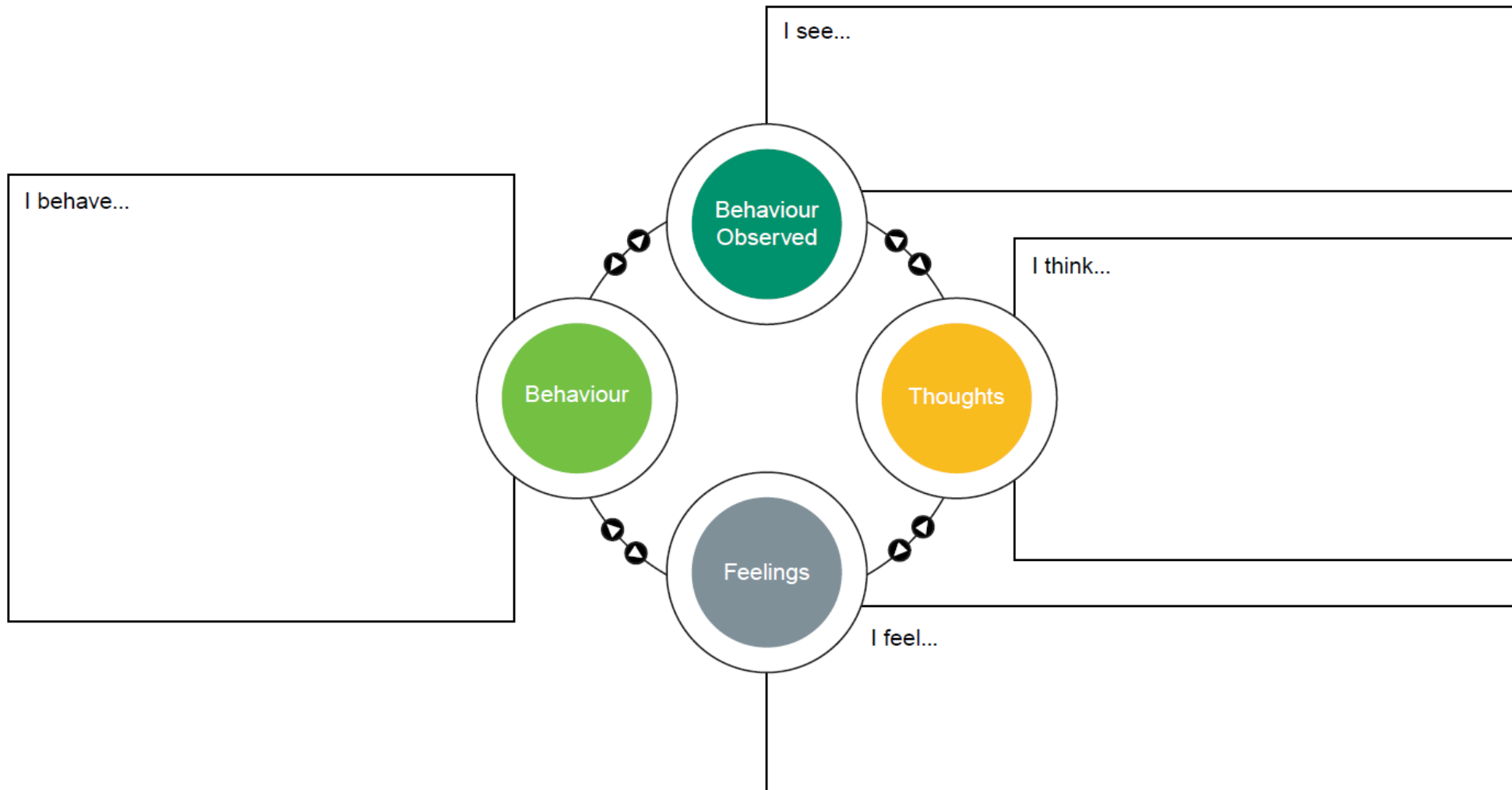


Thoughts, Feelings, Behaviour



This tool can help you to recognise that by changing the way you think, feel or behave (react) to the difficult conversations or situations can lead to a different outcome.

By taking the time to think about this when you are not in the middle of the conversation or situation can help you to handle these differently.