

THEM

Their Feelings
(leave blank or guess if you want)

Their Thoughts
(leave blank or guess if you want)

Their Words & Actions

BOUNDARY

Write Your words & actions before, during & after situation

Write your thoughts about the following situation:

Sadness:

Anger:

Guilt:

Fear:

YOU

FEEL your Feelings (Don't write here)

Sadness (loss/hurt to self or others)

Anger (feeling of blame for who or what is hurting you)

Guilt (feeling of blaming our self)

Fear (feeling of future hurt or loss)

This is our inner self.
The qualities of Awareness & Acceptance come from here.
Aware of our stored stress.
Accept what "Is".

THEM

BOUNDARY

Write Your words & actions that are helpful, more powerful, true & kind

Write your new True, Wise, Honest thoughts

YOU

← Strength

↑
Truth ♦ Wisdom ♦ Honesty
↑

- Sadness → Gratitude
- Anger → Forgiveness
- Guilt → Forgiveness
- Fear → Trust

Kindness, Compassion
Towards all:
(yourself & others)

Our ability to *Respond*(new) rather than "react" (old) comes from here