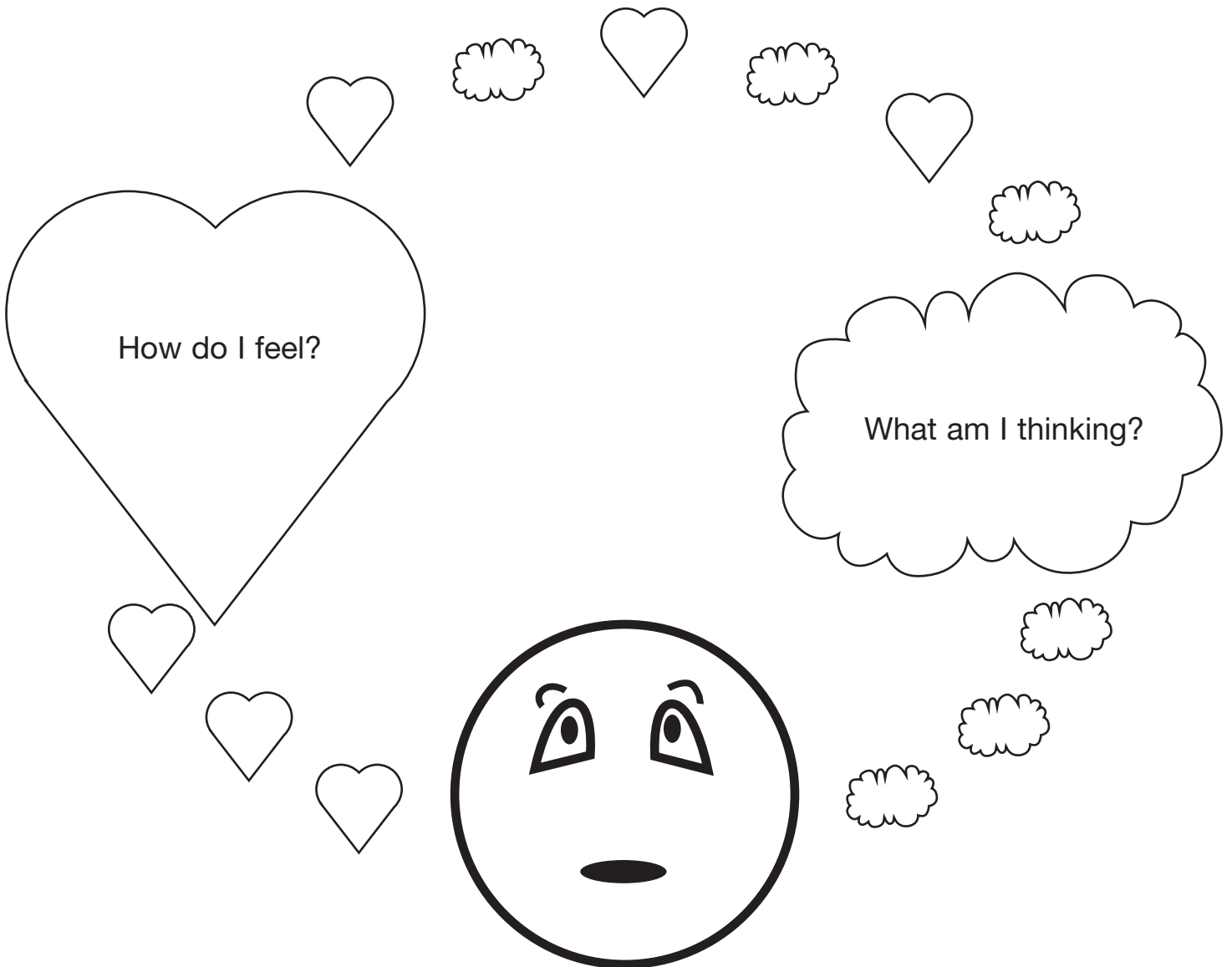


Feelings, thoughts and behaviour

What has happened?



How do I feel?

What am I thinking?

What might I do?