

# Understanding Yourself

*(with compassion and not shame or judgement)*

When we name it. When we can acknowledge it. Then we can control it.  
Then we can transform it. Then we have power. Please feel free to make photocopies of this or use a pencil so you can add or change your responses as you grow.

Trigger/Cause

Feelings

Thoughts

Physical Symptoms

Behaviours

Things to cope, to soothe,  
to express, to release, to  
tune out, to seek  
help/support