

<p>1. Behavior analysis: (event, main emotion, other thoughts/emotions)</p>	<p>Event:</p> <p>Main emotion:</p> <p>Other thoughts/emotions:</p>
<p>2. What aspect can I change?</p>	
<p>3. Brainstorming ideas</p>	<p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p>
<p>4. How will I put the solution into action?</p>	<p> </p> <p> </p> <p> </p> <p> </p>

