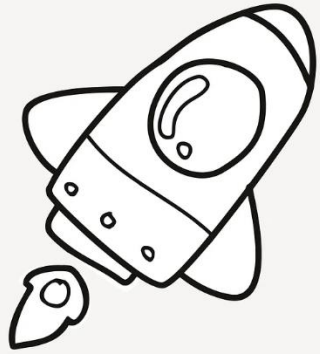


## Finding Space Worksheet



**My situation:**

**What thoughts do I have?**

**What are my emotions?**

**How does my body react?**

**How do I behave?**