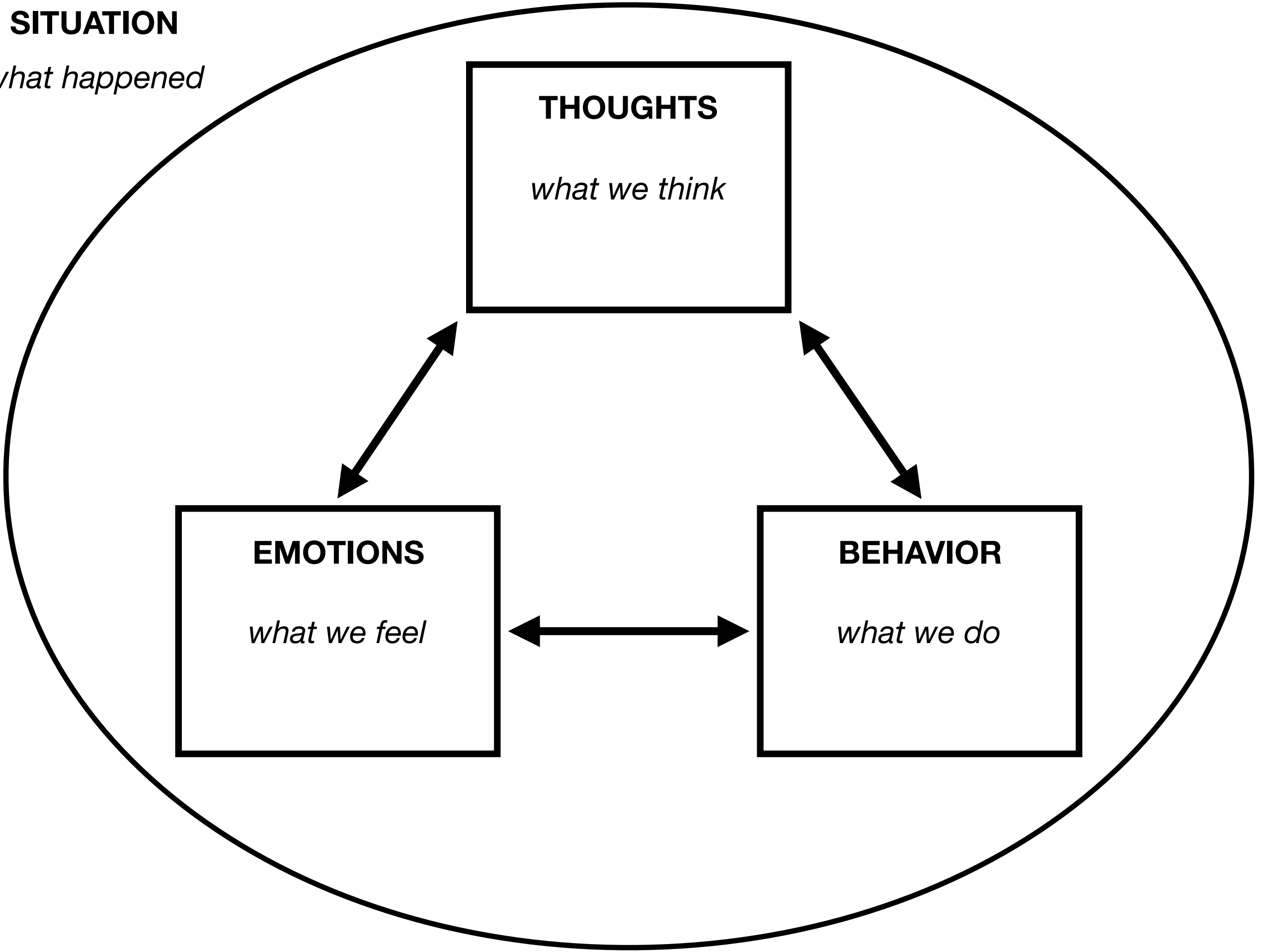


**SITUATION**

*what happened*



**THOUGHTS**

*what we think*

**EMOTIONS**

*what we feel*

**BEHAVIOR**

*what we do*

# SITUATION

walking down hallway  
at school & friend  
doesn't say  
hi to you

## THOUGHTS

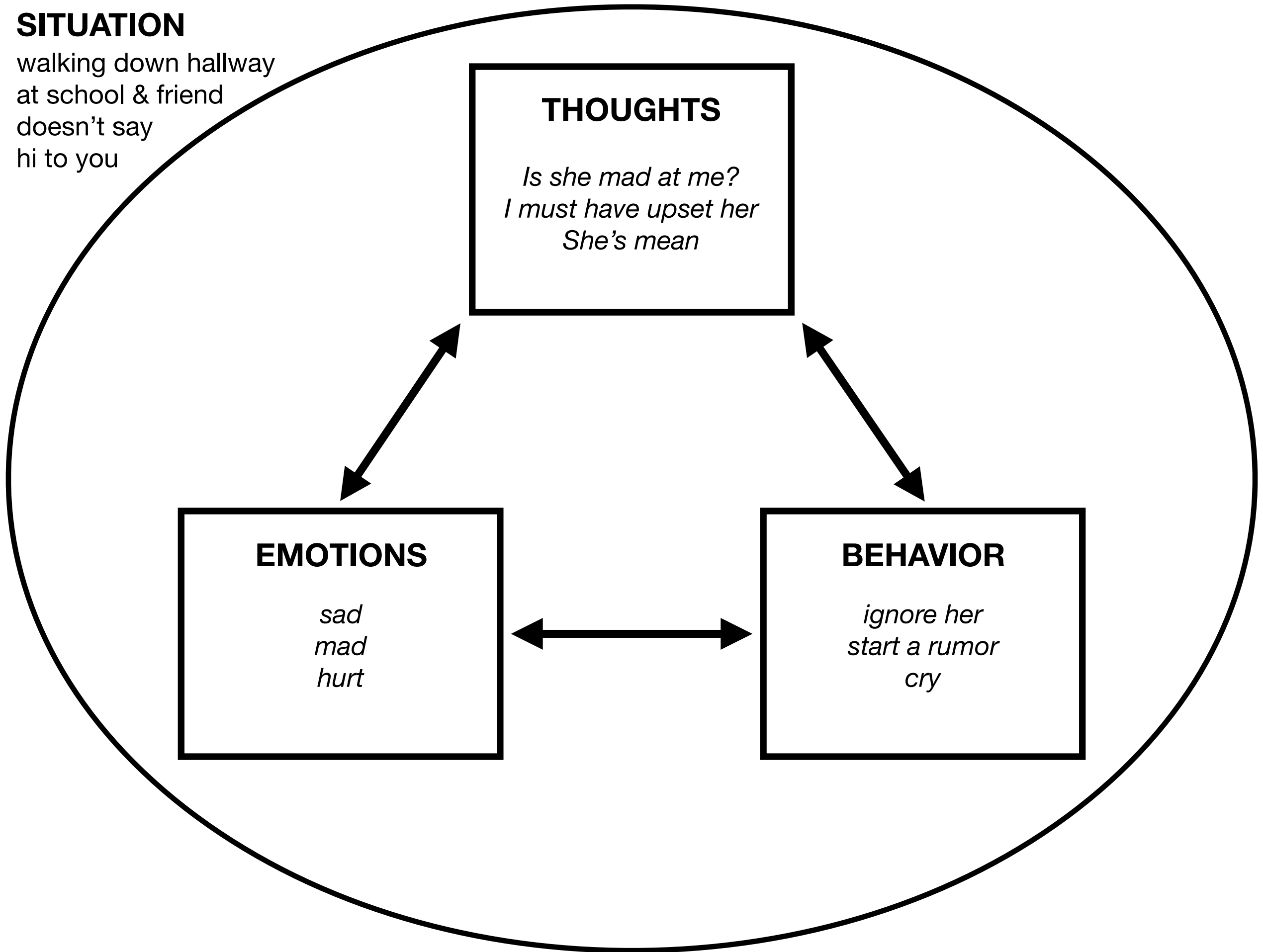
*Is she mad at me?  
I must have upset her  
She's mean*

## EMOTIONS

*sad  
mad  
hurt*

## BEHAVIOR

*ignore her  
start a rumor  
cry*



# SITUATION

walking down hallway  
at school & friend  
doesn't say  
hi to you

## THOUGHTS

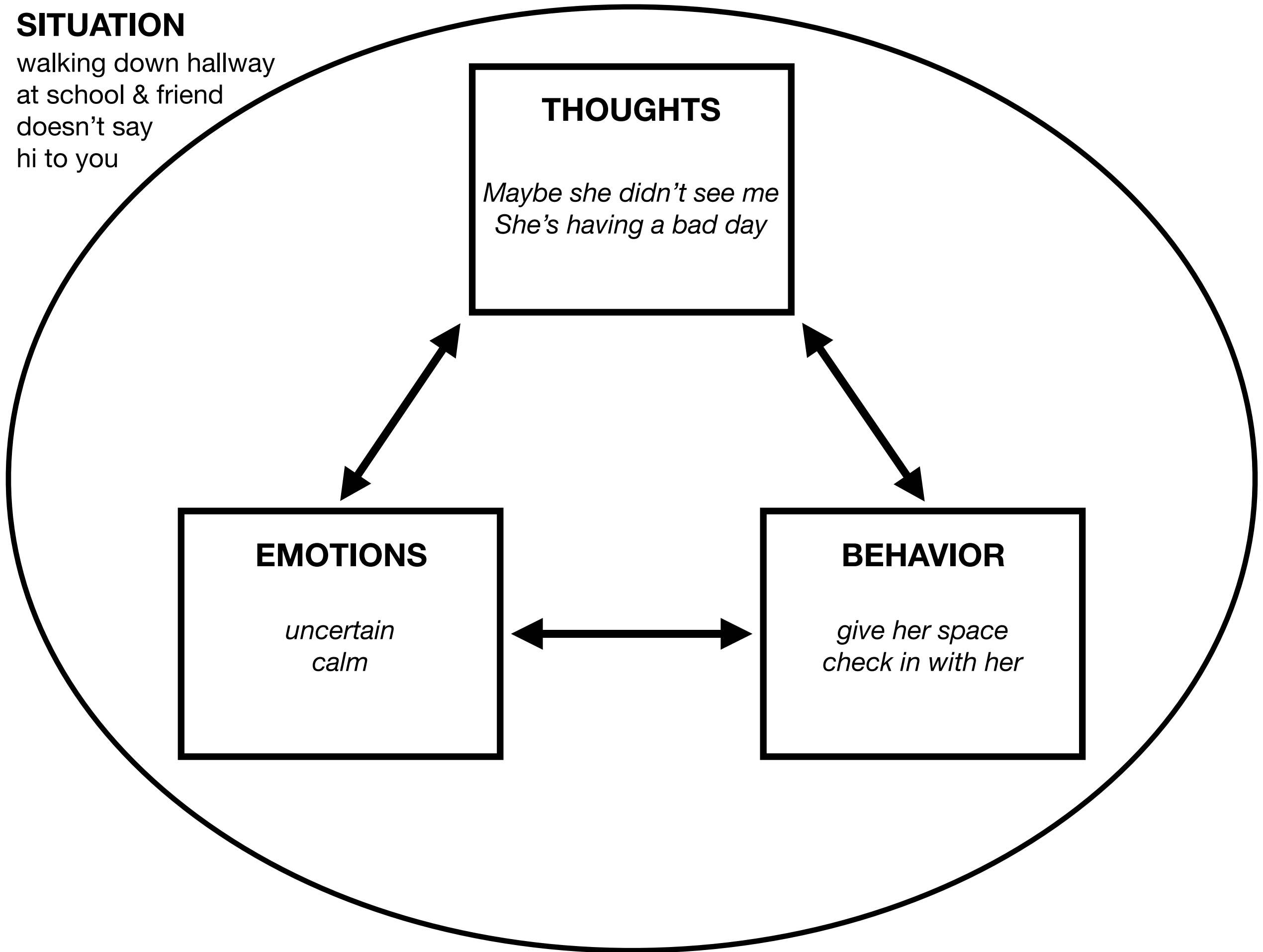
*Maybe she didn't see me  
She's having a bad day*

## EMOTIONS

*uncertain  
calm*

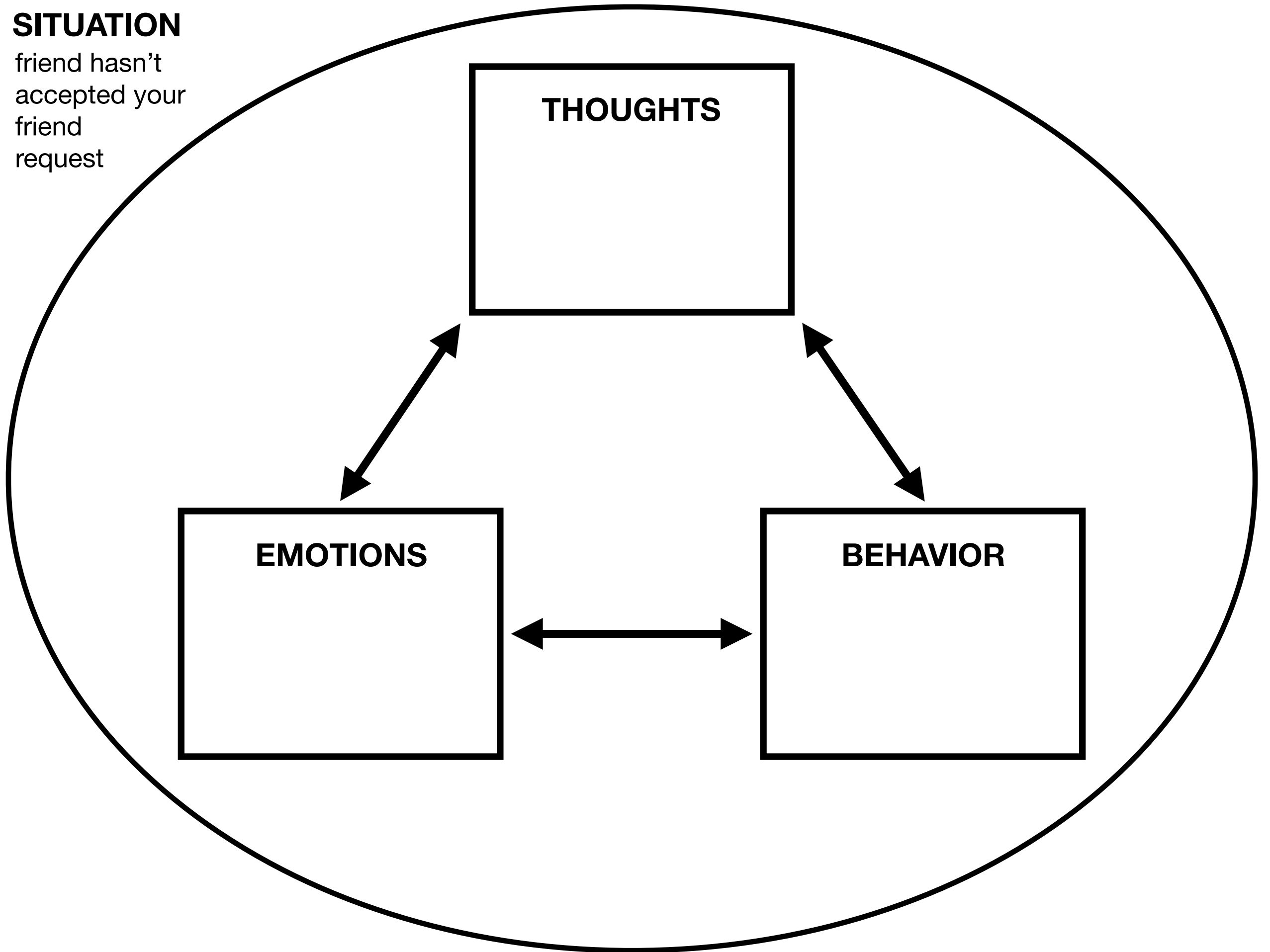
## BEHAVIOR

*give her space  
check in with her*



# SITUATION

friend hasn't  
accepted your  
friend  
request



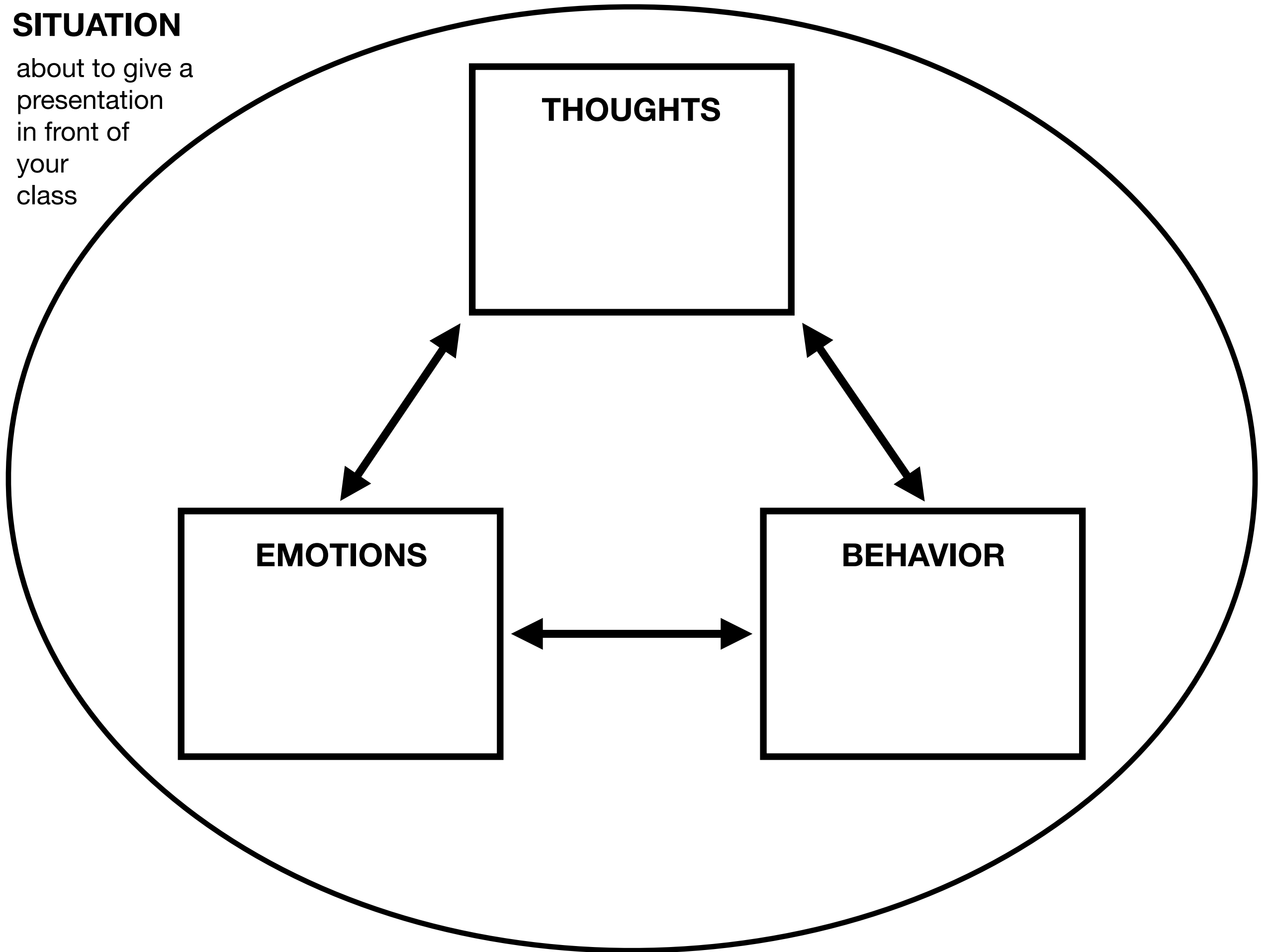
**THOUGHTS**

**EMOTIONS**

**BEHAVIOR**

# SITUATION

about to give a  
presentation  
in front of  
your  
class



**THOUGHTS**

**EMOTIONS**

**BEHAVIOR**

**Draw what anxiety  
looks like to you**

**Draw what depression  
looks like to you**