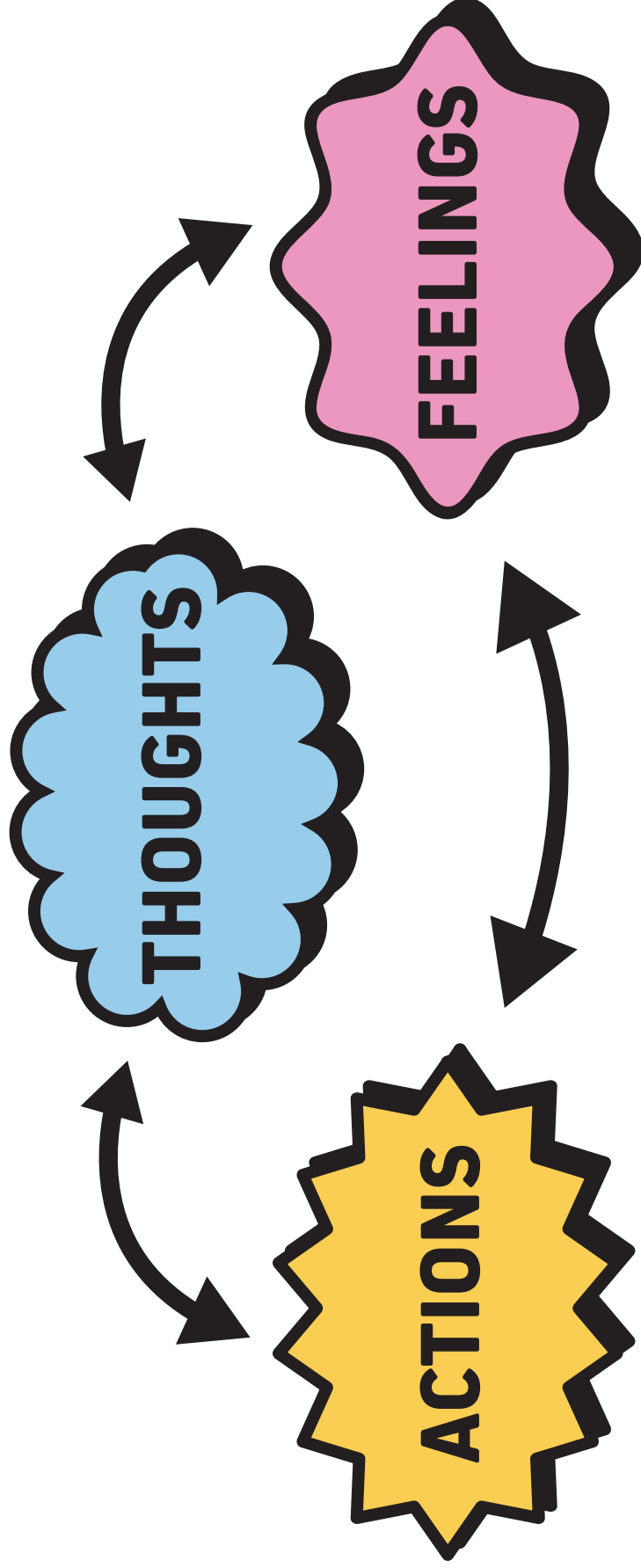


# MODEL OF EMOTIONS

What Happened?



**Thoughts:** The words that run through your mind and things you tell yourself about what's going on around you.

**Feelings:** The emotions that come and go in response to things that happen to you.

**Actions:** The things that you do or the way you act. These are influenced by our thoughts and feelings.