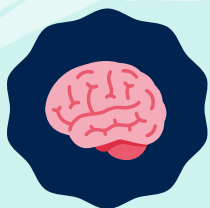
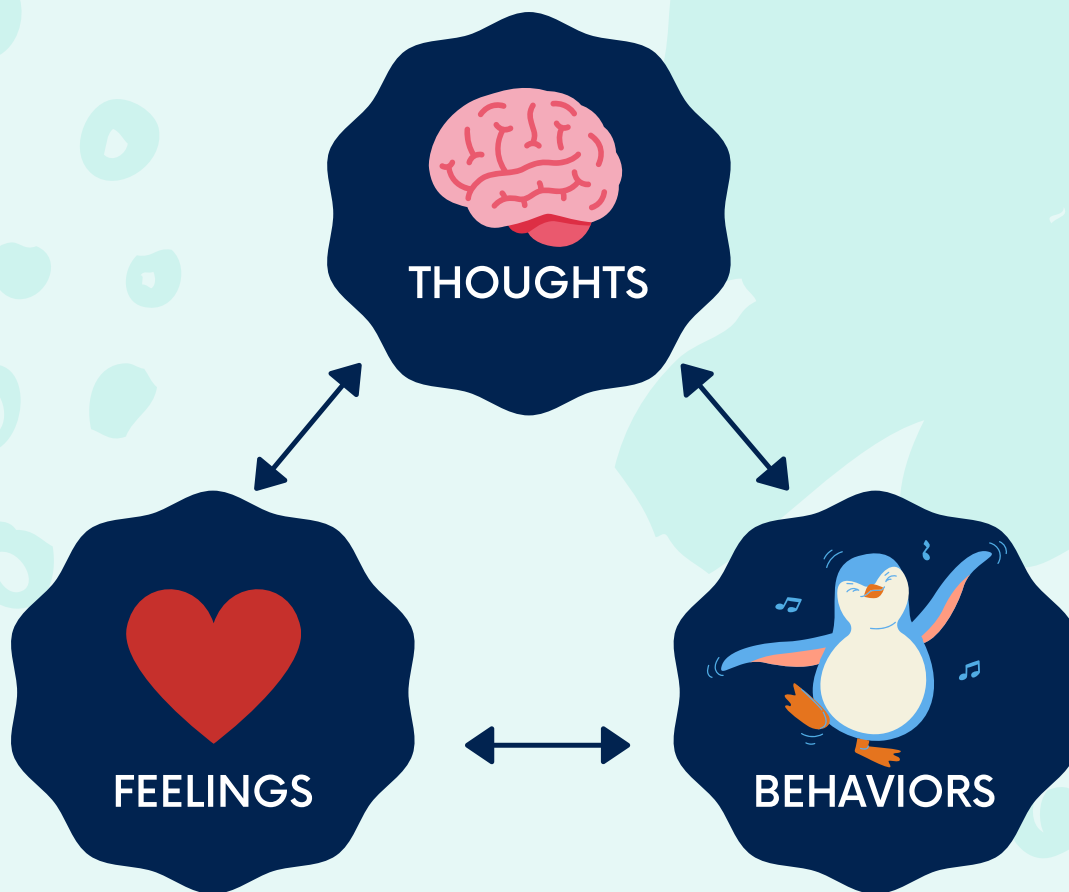


THOUGHTS~FEELINGS~BEHAVIORS



THOUGHTS = WHAT YOU ARE THINKING

Thoughts are the conversations going on inside your head. No one but you knows what your thoughts are.



FEELINGS = SENSATIONS INSIDE YOUR BODY

Feelings are the emotions and sensations you experience inside your body. You might feel happy, sad, or angry. You might also feel shaky, have a racing heart, or get a stomach ache.



BEHAVIORS = THE ACTIONS YOU DO

Behaviors are the things people around you can see. You might laugh, scream, or cry. You also might run away, hide under your bed, or dance.