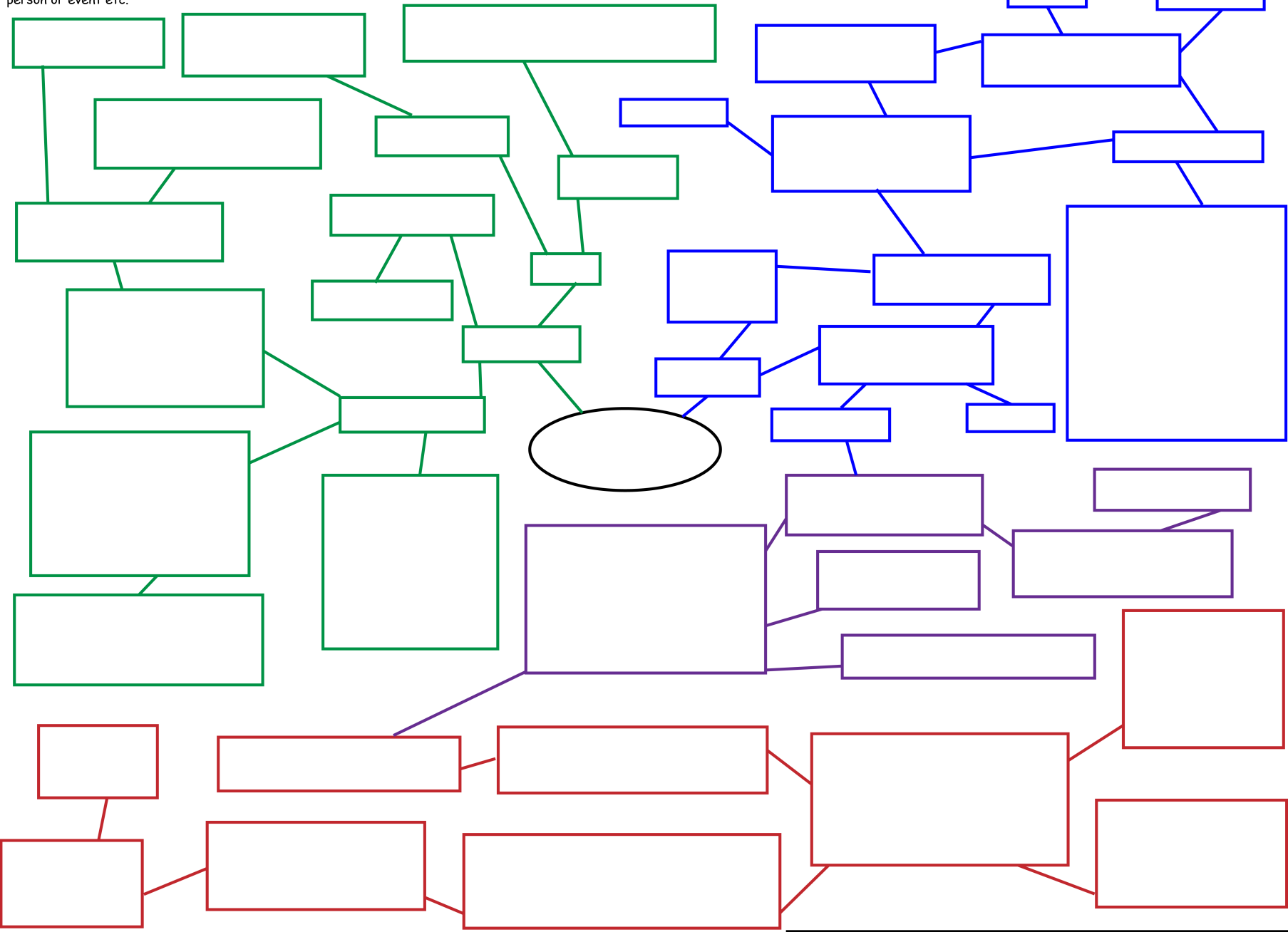


This is a mind map. These can be helpful to organise your thoughts. In the center circle write down any thought, event or "trigger" and using the boxes write down what that makes you feel or think about, and then what that makes your think and feel and so on.
(for example; i would get stressed and "over react" if someone doesn't reply to my message or takes "too long" to reply, so i'd put that in the center circle and from there, using the boxes, i'd write what that'd make me think about, what i feel or what memories that brings up, like "disrespected" which would lead to a memory of me disrected in my past, what that made me feel or think about and so on.)
The different colours can be helpful to seperate/organise thoughts, for example BLUE= memories or events to do with family, GREEN= friends, RED= a specific person or event etc.



Notes: