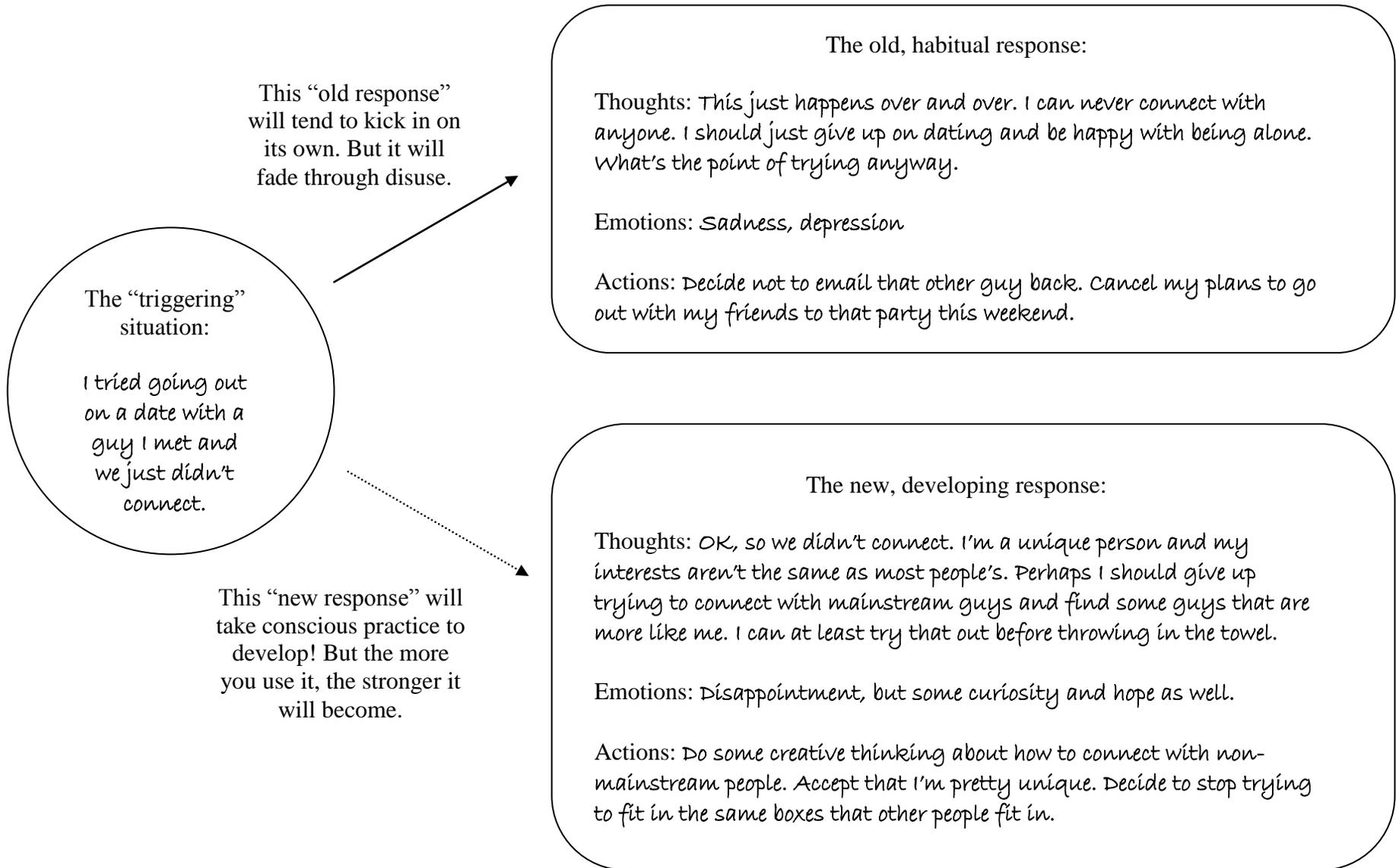


Developing New Responses

worksheet located at <http://www.ColoradoCounseling.com>

When there is a repeated pattern, you can examine your old TEA (Thought/Emotion/Action) response, and begin to develop a new replacement. A blank worksheet is on page two.



Developing New Responses

worksheet located at <http://www.ColoradoCounseling.com>

