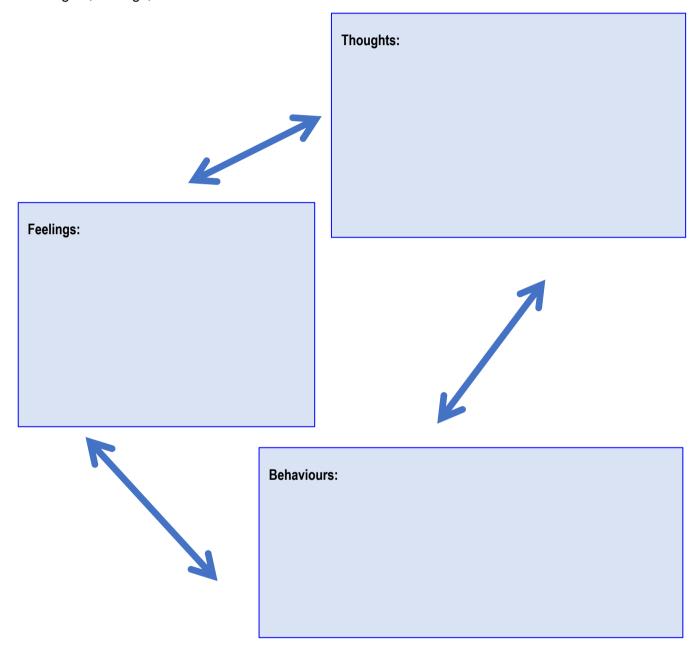
INTEGRATION ACROSS DOMAINS

Think of a situation, feeling, idea that is currently a source of distress for you. Complete the following chart (starting with whatever comes to mind first) to map the relationship between your thoughts, feelings, and behaviours.



Once you have a clear picture of the relationship between these *domains* of your experience, list one possible thing you could change in each of these areas and imagine what the ripple effects might be in the other domains.

From *"A practical guide for counsellors: Co-creating safe and culturally responsive relational spaces,"* by G. Ko, S. Collins, and Y. Yasynskyy (Eds.), 2023, ColYasKo (<u>https://responsiverelationships.pressbooks.com</u>). Copyright 2023 by S. Collins, G. Ko, and Y. Yasynskyy, CC BY-NC-SA 4.0.

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