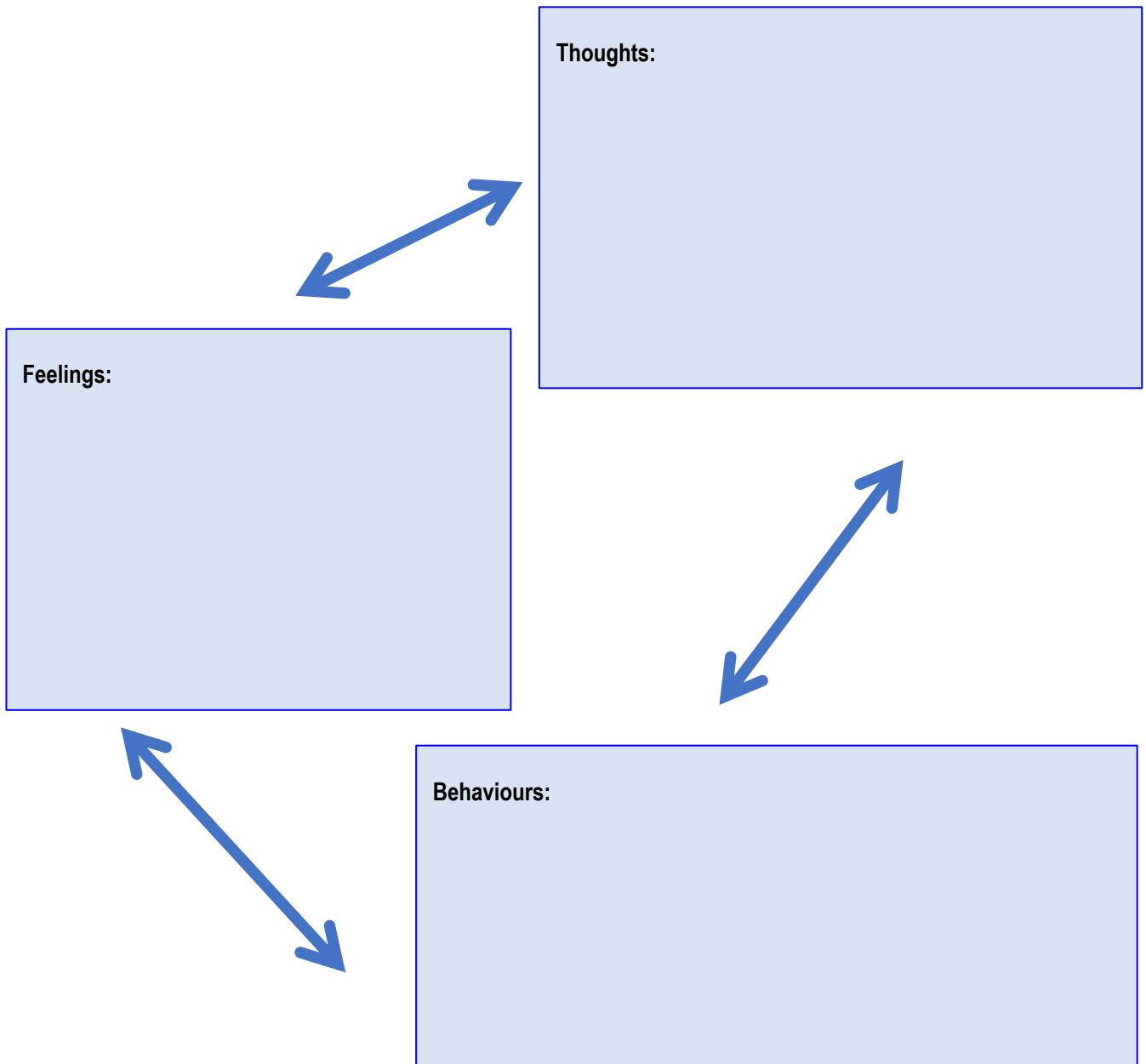


INTEGRATION ACROSS DOMAINS

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.