Last week, you were presented with three scenarios. For each scenario you needed to **try to think what the person in that situation would think, how they would feel, how they would act or behave, and what the outcome might be**. This week, try to think of **your own personal, tricky scenarios you have been in and outcomes you have experienced**, completing the table below.

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| --- | --- | --- | --- | --- |
| **Situation** | **Thought** | **Feeling** | **Behaviour** | **Outcome** |
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