

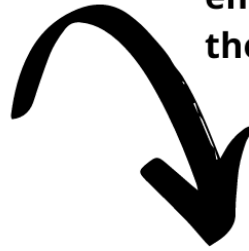
Rule of 3's

Understanding Self-Care

3 main emotions:

1. _____
2. _____
3. _____

emotions affect thoughts



Each emotion has 3 main thoughts:

- 1.A _____
- 1.B _____
- 1.C _____
- 2.A _____
- 2.B _____
- 2.C _____
- 3.A _____
- 3.B _____
- 3.C _____

actions control emotions



Each thought has 3 main actions:

- 1.A.i
- 1.A.ii
- 1.A.iii
- 1.B.i
- 1.B.ii
- 1.B.iii

thoughts tell you more about what to do.



↪ continued on next page.

Rule of 3's

Understanding Self-Care

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Each thought has
3 main actions:
continued.

- 1.C.i
- 1.C.ii
- 1.C.iii

- 2.A.i
- 2.A.ii
- 2.A.iii
- 2.B.i
- 2.B.ii
- 2.B.iii
- 2.C.i
- 2.C.ii
- 2.C.iii

- 3.A.i
- 3.A.ii
- 3.A.iii
- 3.B.i
- 3.B.ii
- 3.B.iii
- 3.C.i
- 3.C.ii
- 3.C.iii