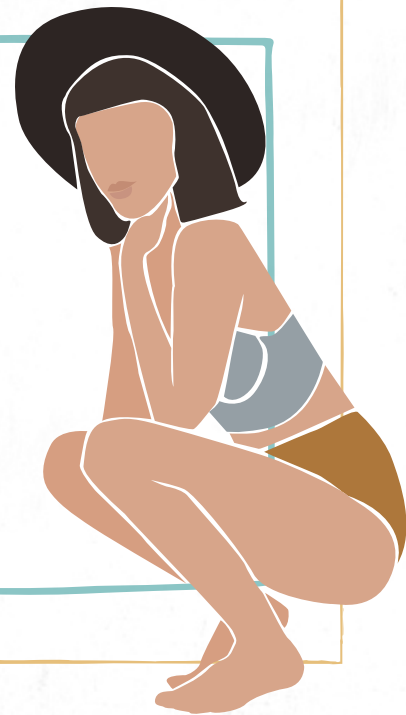


# Drama Triangle

## Daily Tracker

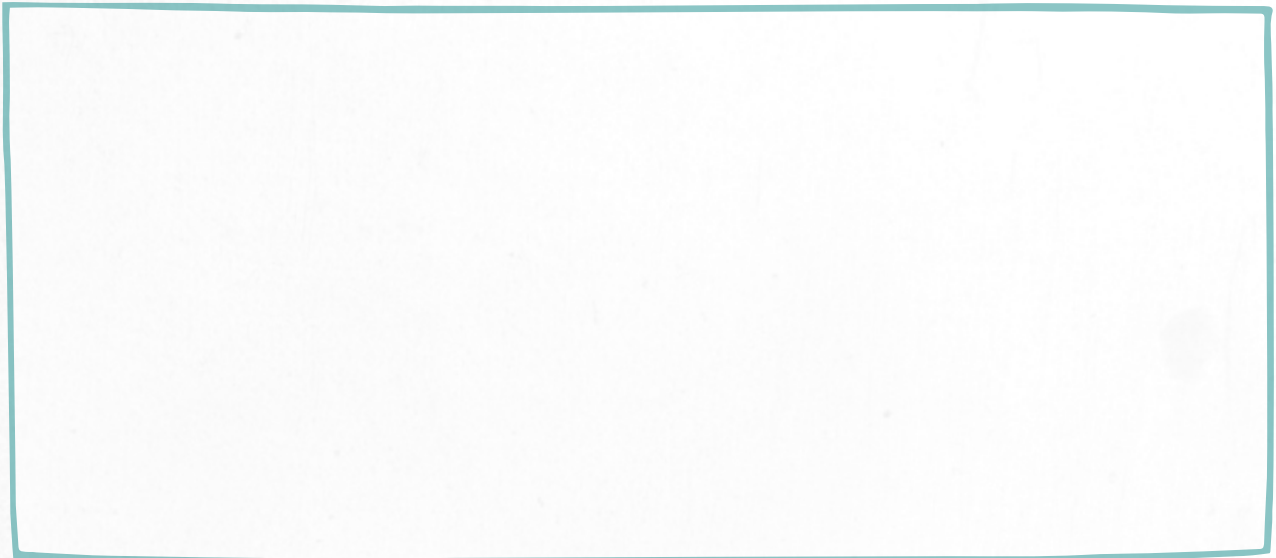
Reflect back on all emotional moments from the day, anything that caused feelings of anger, sadness, confusion, fear, loneliness, powerless, rage.

Consider the role you saw yourself playing. What did you do and how did you react at that moment?



# Living into your values

Consider your top 3 personal values. What would living into your values look like in that moment instead?



What did you learn and what will you do differently next time?

