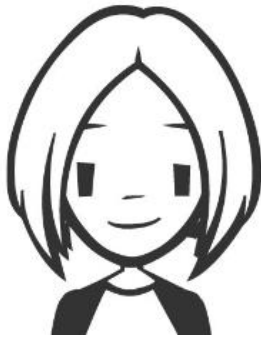


WORK SHEET – Exercise 4C

Regaining my energy.

Climb up the ladder to regain your energy.



10. I feel good, I'm back on it or I'm going back to the others.

9. I smile whilst I think of something that I like.

8. I tell myself "It's gonna be ok". I call on SuperCortex in my head.



7. I slowly breathe through my mouth.



6. I breathe deeply into my lungs and into my stomach.

5. I stand up straight and put my feet solidly on the ground.



4. I close my eyes or I fixate on a neutral point.



3. My body is soft and I've got no more energy.

2. I feel alone. I want to roll up into a corner.



1. I feel sad and discouraged.