

**5-senses**

Anyone could see these  
taste, touch, see, hear, smell

3. Write down how you cope when you have these thoughts, feelings, urges, and/or bodily sensations (e.g., eat, drink, watch tv, withdraw, argue)

4. Write down some small acts you could do that would move you towards this value you chose. Don't forget to think small.

**Away**

**Towards**

2. Write down what gets in the way of acting towards this value (thoughts, emotions, urges, bodily sensations)?

1. Write down the value you chose here and briefly say why this value matters to you.

**Mental Experience** (only we can see these)  
thoughts, emotions, motivations, concerns