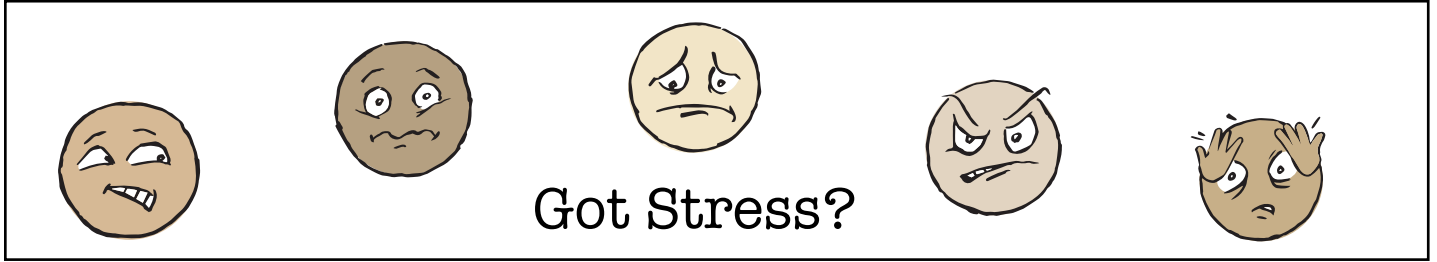
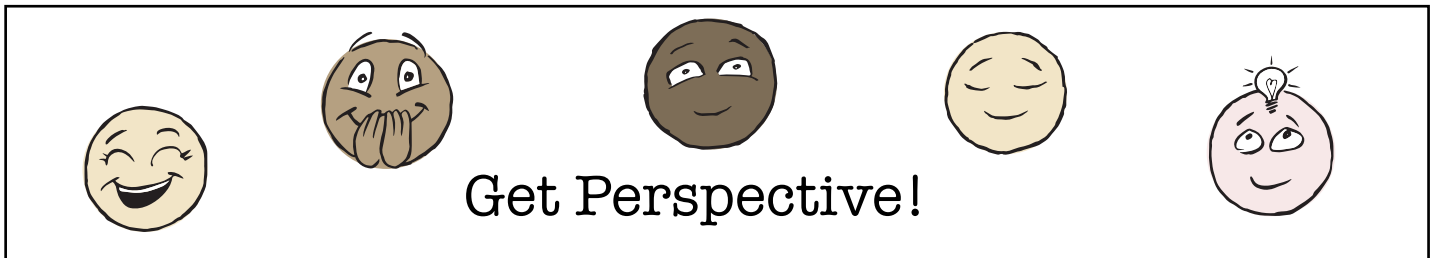


# Brain Dump



1. Time yourself for three or five minutes.
2. Write/draw/list any stressful (anxious, sad, annoyed, angry, etc.) thoughts and feelings you are experiencing. Let it rip!



Now that you've dumped out all the stressful thoughts, answer one or more new perspective questions:

1. Could there be something happening that you don't know about or understand? If there are other possibilities, write or draw them.
2. What can you learn from this?
3. Is there something you could do differently next time?