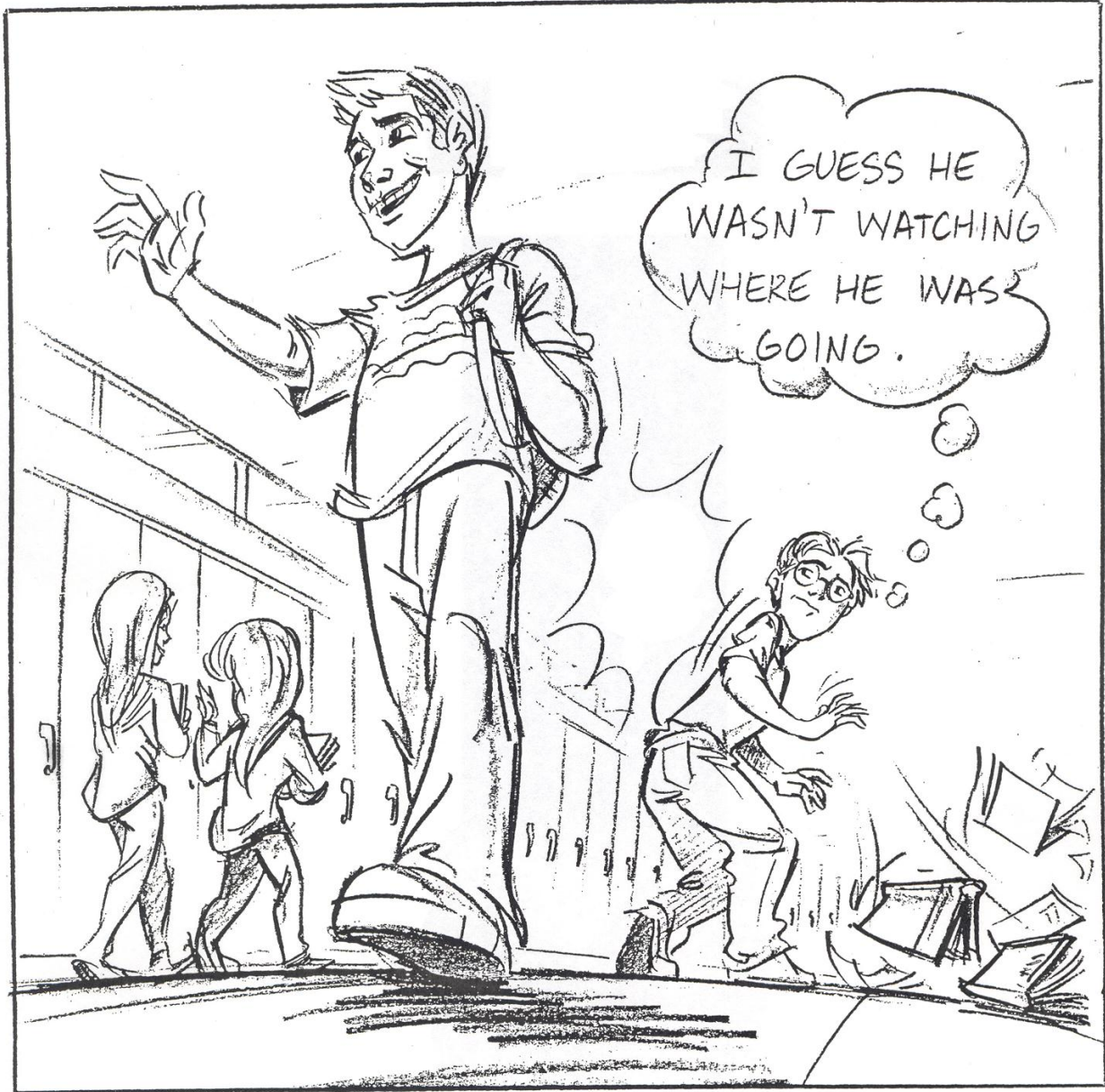
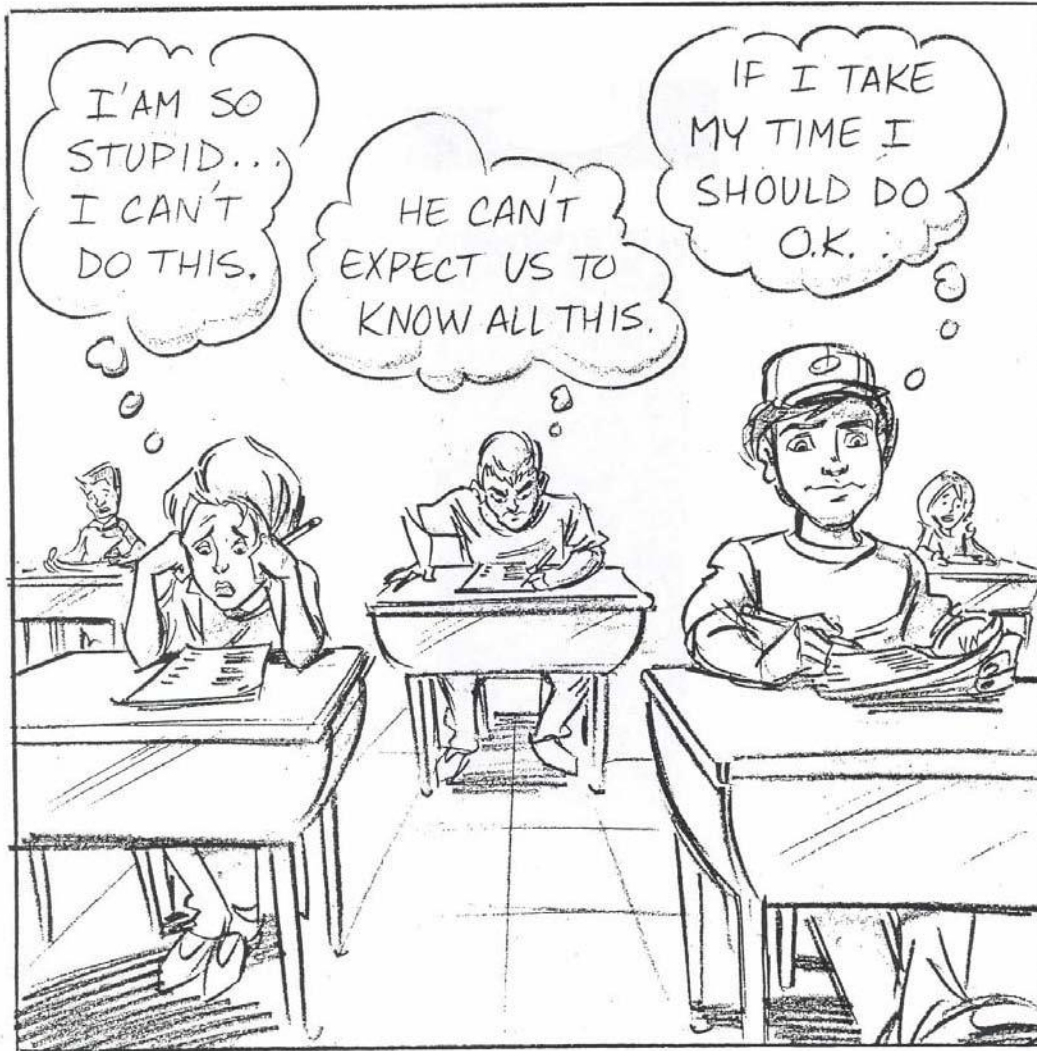


HANDOUT 9.4

Internal Dialogue Situation 2



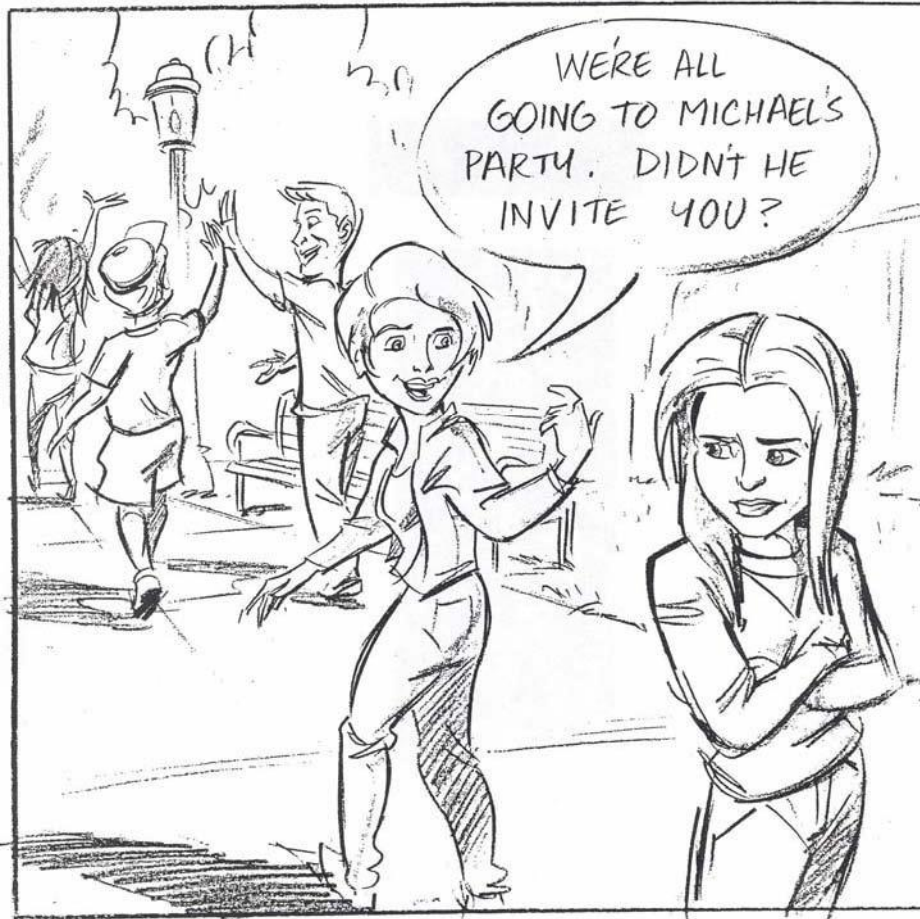
HANDOUT 9.5
Internal Dialogue Situation 3



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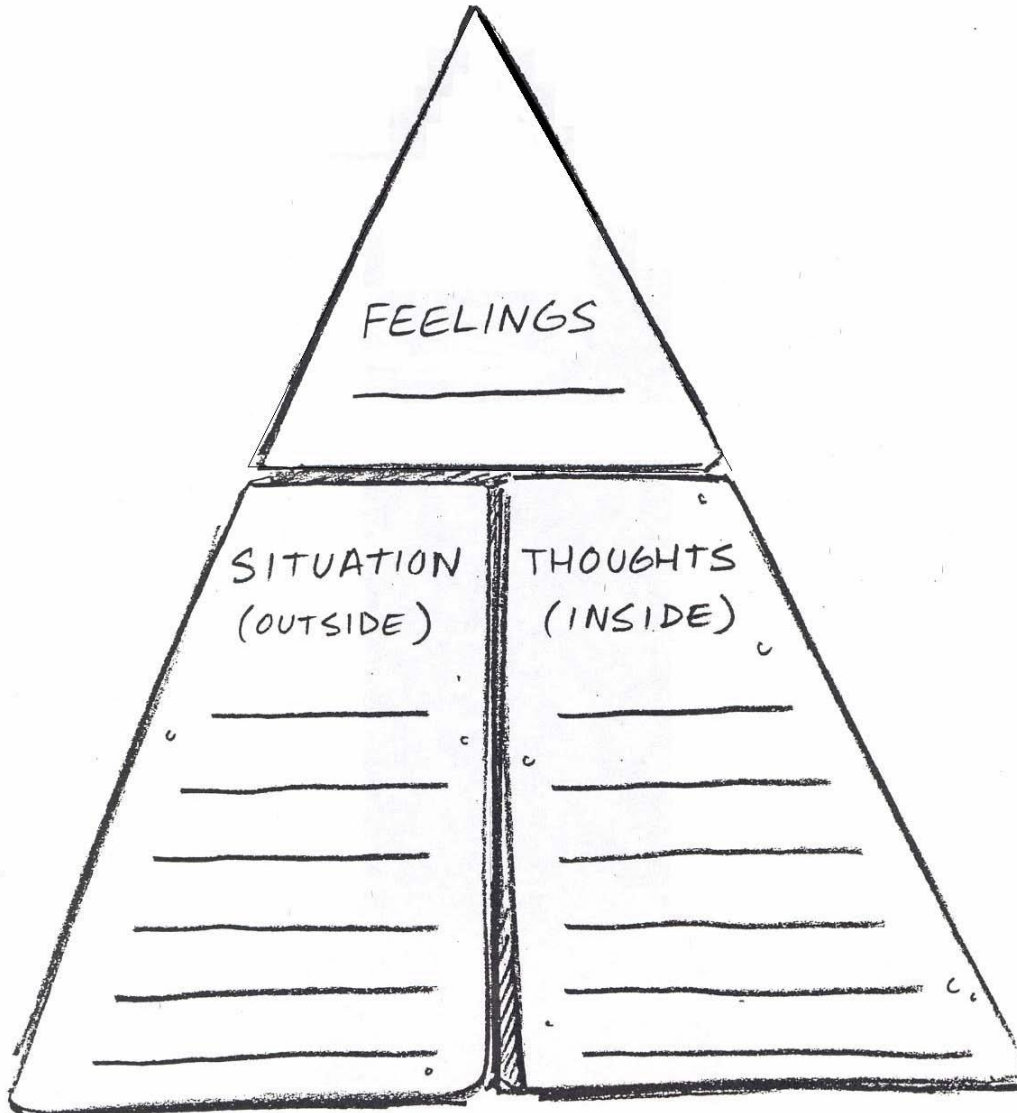
HANDOUT 9.6
Internal Dialogue Situation 4



Thought Emotion

ANGRY
SAD
OKAY

The Intact Pyramid

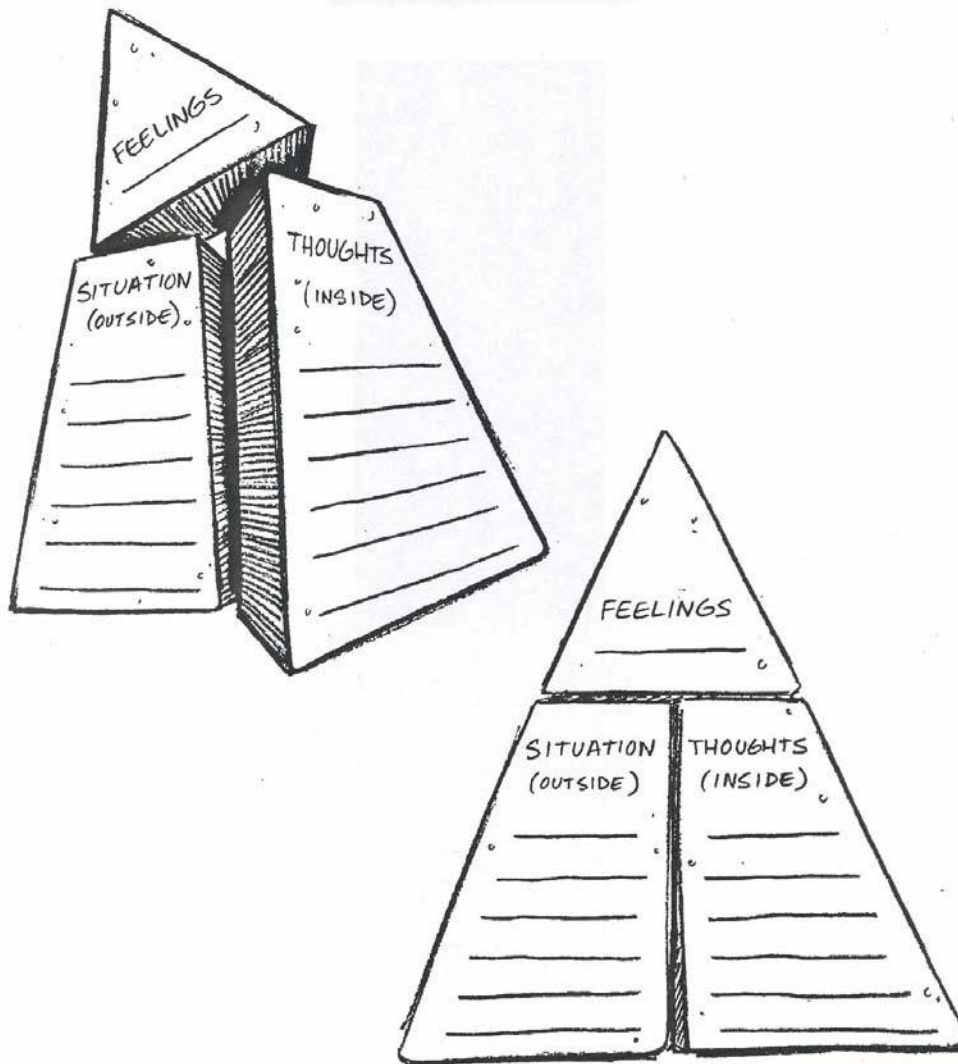


HANDOUT 9.8

Pyramid Blocks Practice Sheet

Directions: Pick two occasions this week in which you notice a downward shift in your mood – that is, situations in which you start to feel worse. Be especially alert for strong feelings such as sadness, anxiety or fear, guilt or anger. All of these may be signs that you may be having a reaction related to your trauma or loss experience.

For each occasion, fill in one of the pyramids below.



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