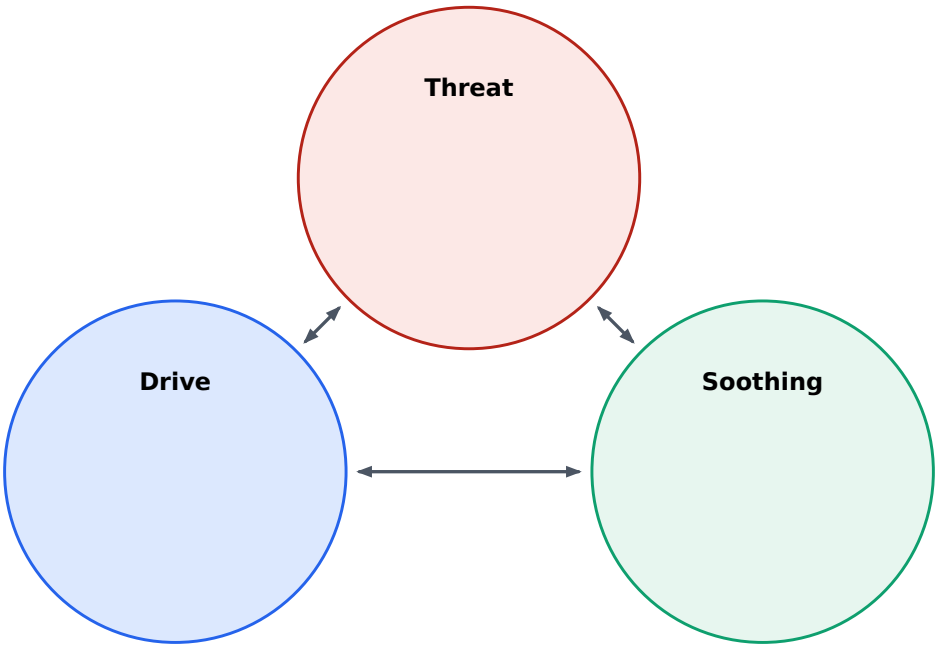
# My three systems

How big is each circle in your life at the moment?

Name _____ Date _____

For each system, note what switches it on for you and what you do when you are in it.




| System | What sets it off for me | How much of my week I spend here |
|---|---|---|
| **Threat** | | |
| **Drive** | | |
| **Soothing** | | |

**What do I notice about the balance?**

**Ways I could give the soothing system more time: people, places, activities, and how I talk to myself**

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