

Thinking it Through

Triggered/Euphoric Recall/ /In the 'Bubble'/Stinking Thinking	Remembering the negative consequences	The positive consequences of not acting out (use imagery): Directing your attention to what could be	Outer circle behaviours and rewards
<p data-bbox="91 316 414 454">Full of euphoric/obsessive thoughts about acting out</p> <p data-bbox="91 496 414 596">Physical arousal: heart rate up/ adrenaline released</p>			