**4.2 Take the starring role in your movie** Date …………………

Problem or decision you are facing ………………………………………………………………………………………

…………………………………………………………………………………………………………………………………………….

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| --- | --- |
| **You** | **Response from****…………………….…………………………………………****(your chosen role model)** |
| Thoughts and feelings | Thoughts and feelings |
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| What happens next?  | What happens next? |
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