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

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

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

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