

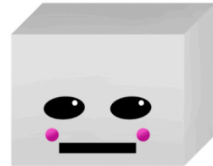
# Gebeurtenis:

## Helpend

Gedachte:



Gevoel:



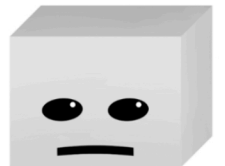
Gedrag:

## Niet-helpend

Gedachte:



Gevoel:



Gedrag: