

ACTIVITY.

The TEBB Method (FLIP CHART) 10 MIN.

PART 1

- STEP 1** All participants: move to your table's corresponding flip chart.
- STEP 2** Each person answers the question below each corresponding column.



THIS EXERCISE IS BASED ON WHEN YOU ARE STRESSED!

- Question 1: "T"— What THOUGHTS do you have?
- Question 2: "E"— What EMOTIONS arise?
- Question 3: "B"— Where in your BODY do you feel it?
- Question 4: "B"— How does your BEHAVIOR change

- STEP 3** Return to your table & Prepare for Part 2

