Session 3

Doodle page

Iceberg above and below the waterline

What have I attached my wellbeing to?

- people behaving the way we’d like them to behave
- being good enough
- a particular lifestyle
- looking a certain way
- people appreciating us
- financial security
- our physical health
- getting things right

...is putting a feeling in me.

What have I attached my wellbeing to?

...is putting a feeling in me.