

SOURCES OF STRENGTH WHEEL (EXTENDED)

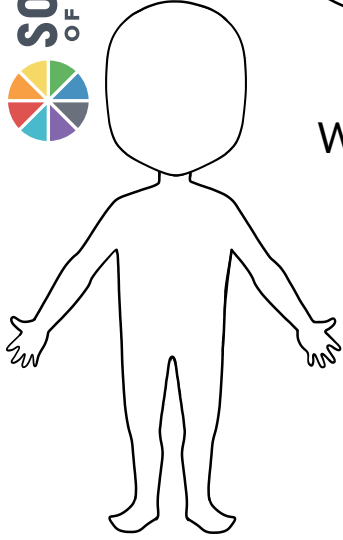


REGULATION Railroad



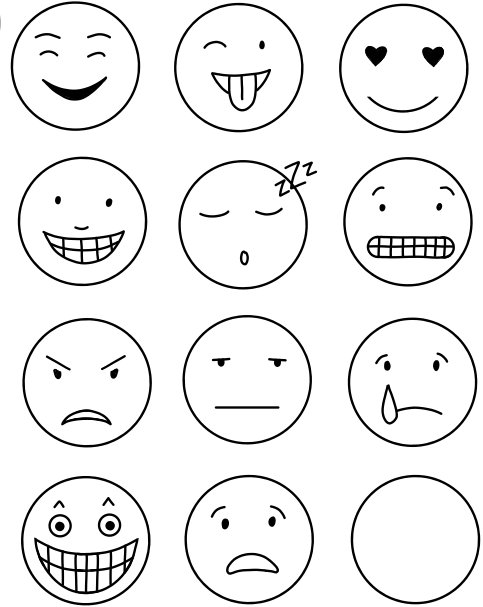
THE REGULATION RAILROAD WORKSHEET

Name: _____

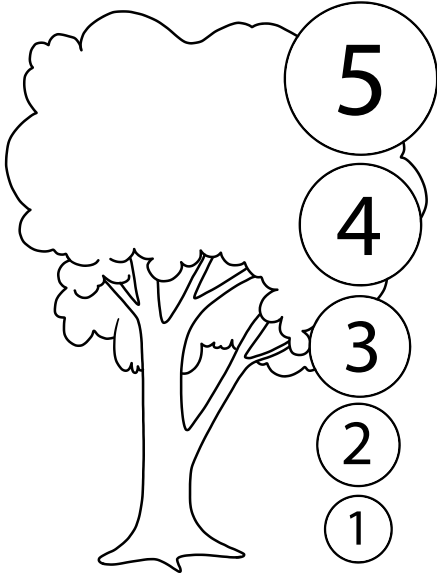


1
What do I Notice
in my Body?

2
What Emotion do I Feel?



How Big is the Emotion?



3
4
What will I do to Regulate Myself?

