

THE TFB TRIANGLE

MY SPECIFIC SITUATION: (Example: Attending a job interview)

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THINKING

What I will think to help me in this situation

Example: 'I know I can do this'. List your helpful THOUGHTS:

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FEELING

What I can do to **INCREASE** feelings that will help me in this situation

Example: Use simple breathing exercise. List your strategies:

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BEHAVING

How I will behave **ASSERTIVELY** and more **CONFIDENTLY** in this situation. Example: Vary my eye contact.

- List your helpful communication strategies:

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Creating Confidence @ Work

