

2A

TURN a negative experience

The TURN template guides you through a negative event, creating a more balanced and encouraging viewpoint. This minimises stress and helps you to make good decisions.

	STEPS	YOURS or SOMEONE ELSE'S EXPERIENCE
T	Tell your story of this terrible traumatic or difficult situation you experienced	
U	Understanding this to mean that ...	
R	Resulting in which negative feelings, thoughts?	
N	New nourishing approach, a more helpful perspective on the experience	
E	How is your Energy now?	
D	What will you Do now?	

This process is build on CBT principles (Cognitive Behavioural Therapy).