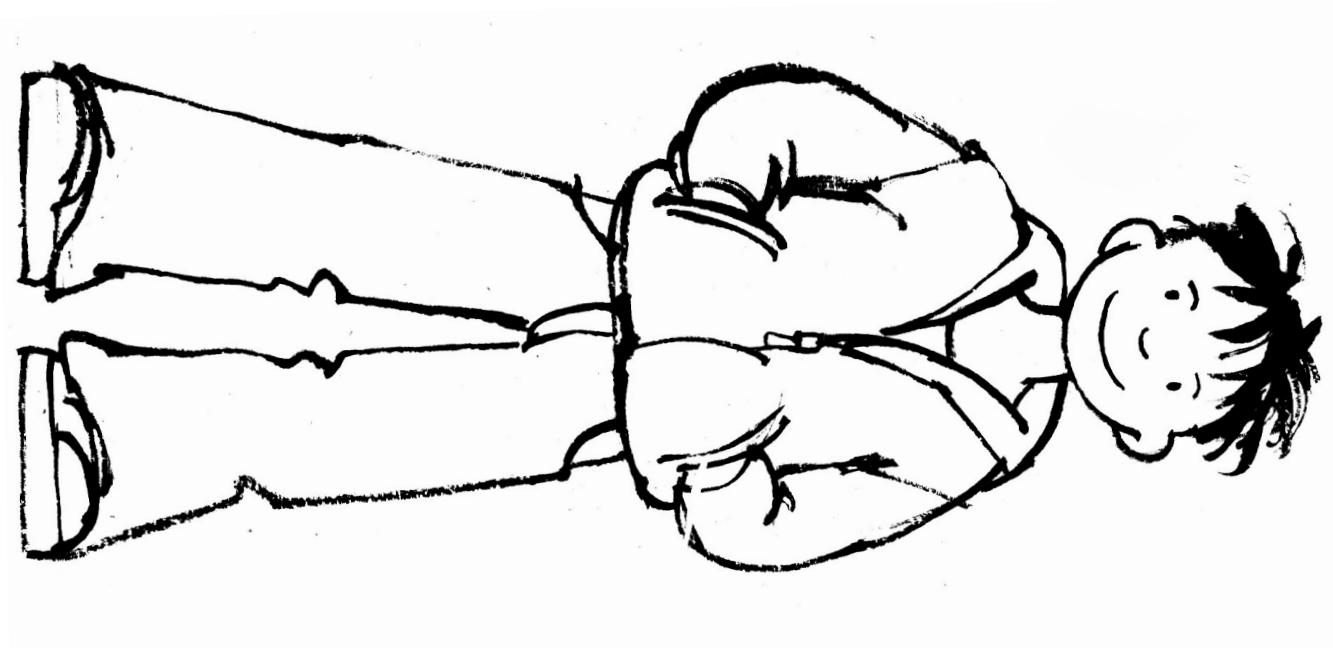
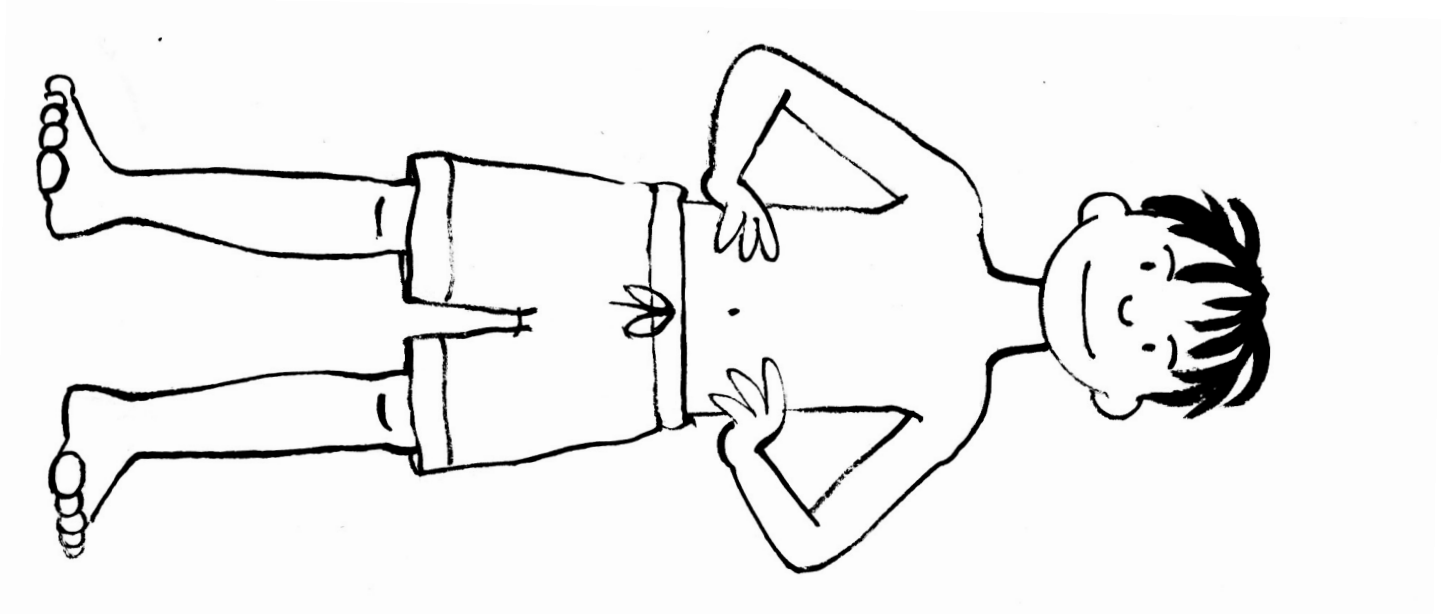


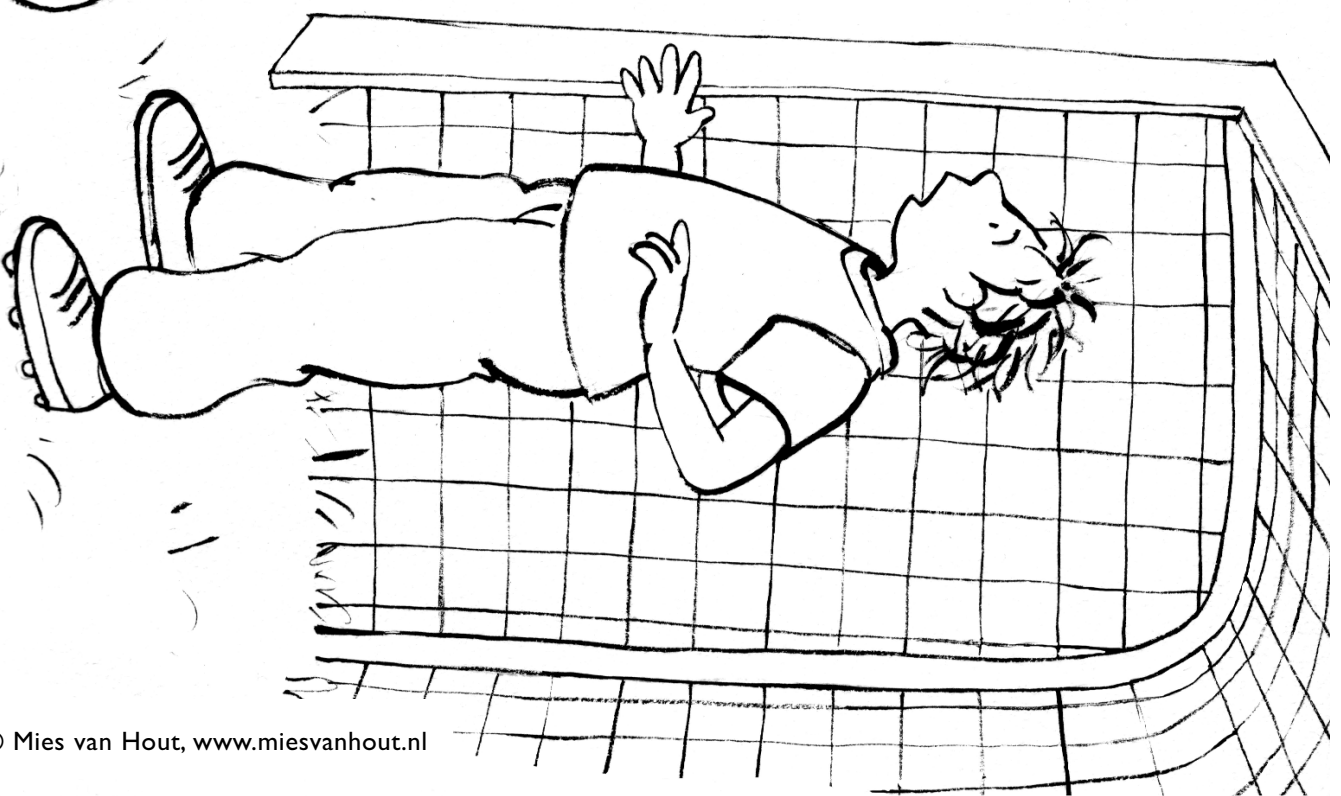
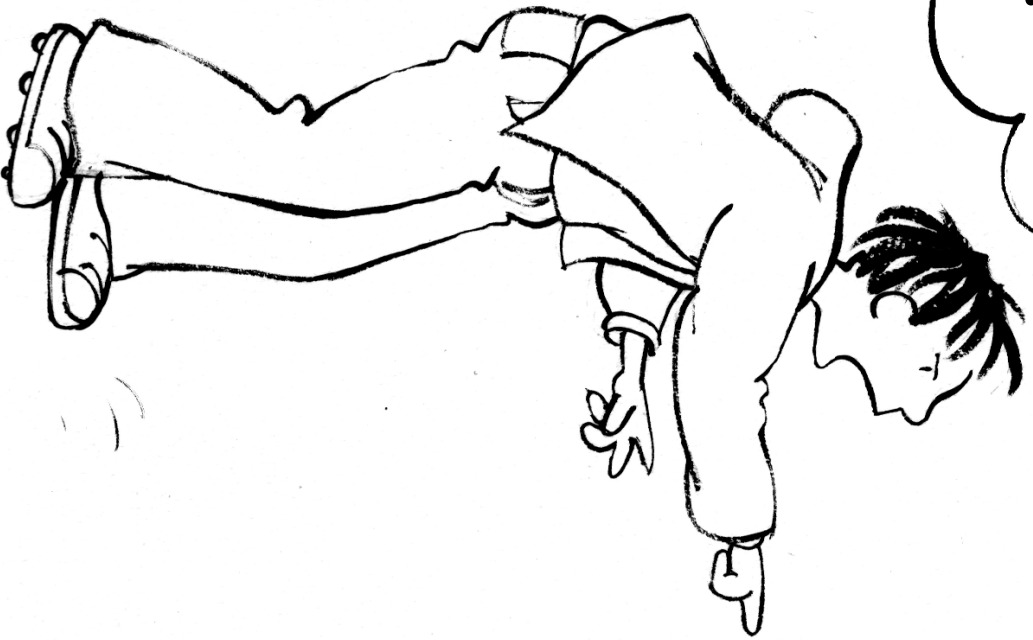
Kennismaken en de 5 G's



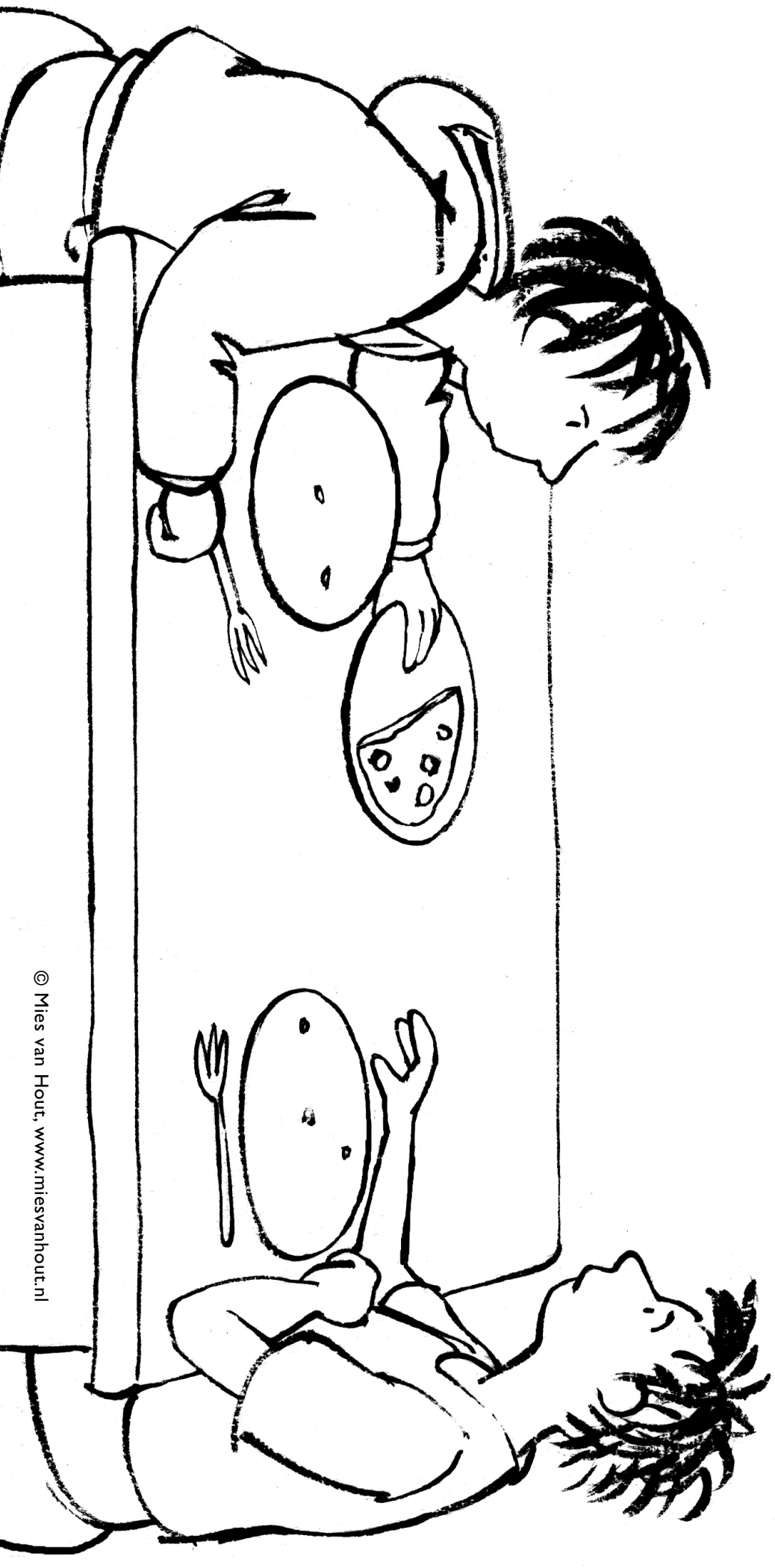


Wat maakt me boos? (Gebeurtenis)

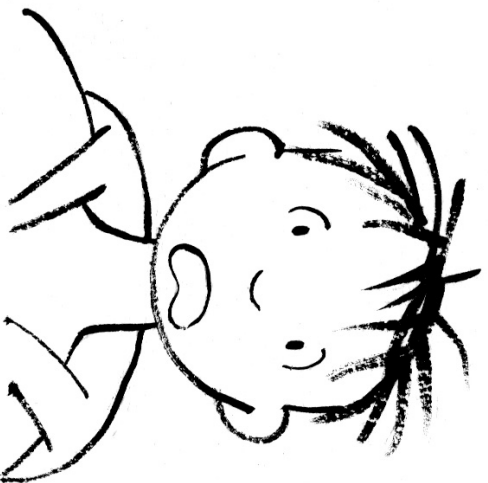
Hij mag
altijd!



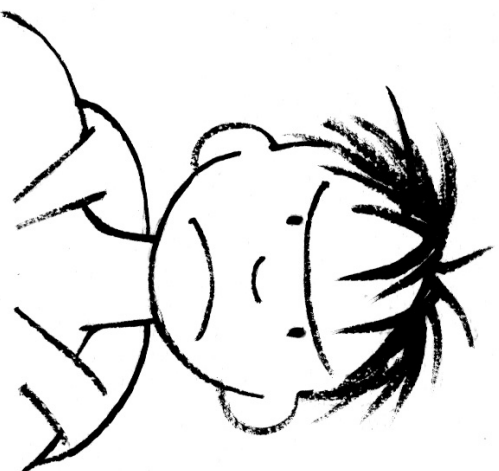
De (Helpende) Gedachte



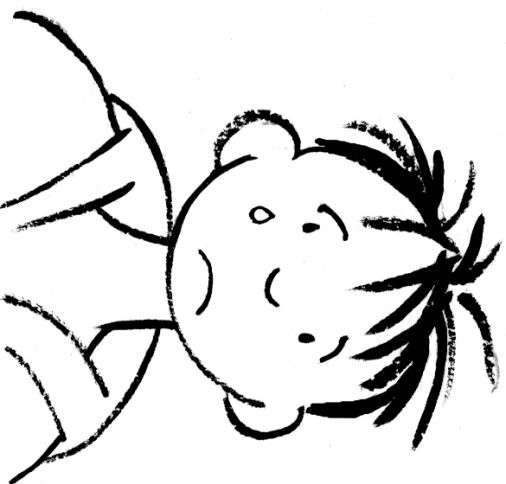
(Boze) gevoelens zien bij jezelf en de ander (Gevoel)



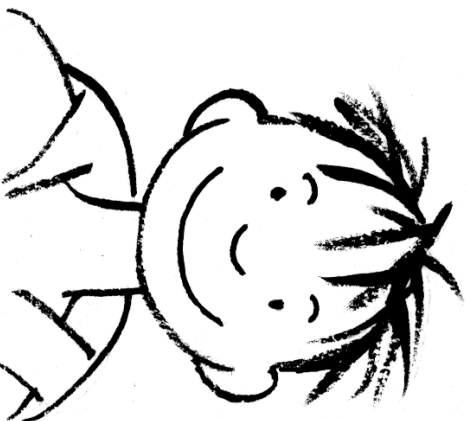
Bang



Boos



Verdrietig



Blij

Verdrietig



Boos



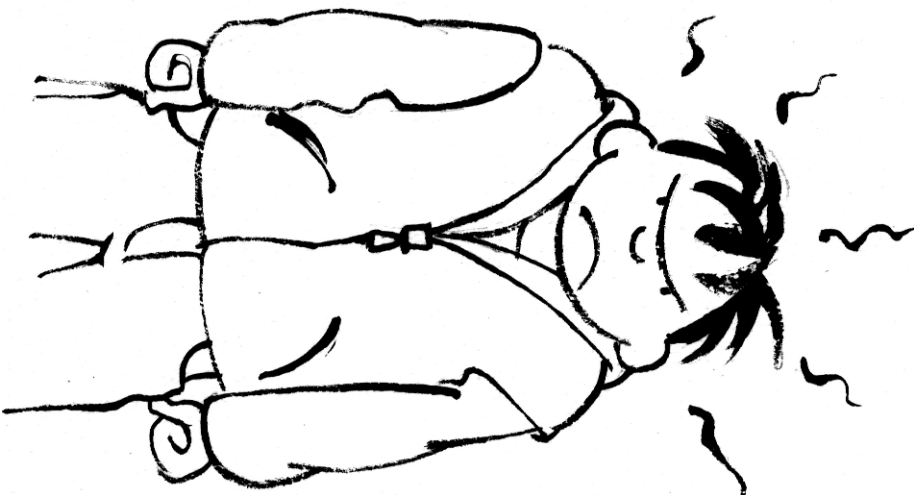
Blij



Bang



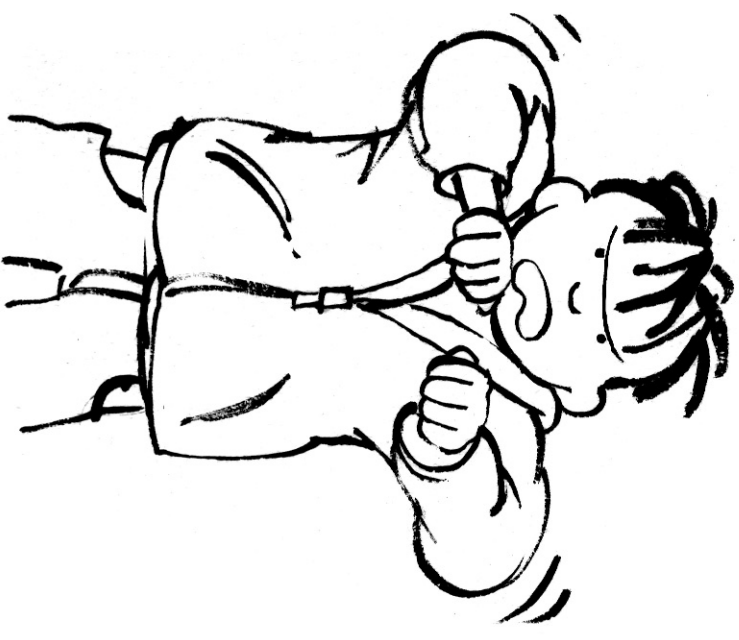
Hoe word ik boos? (Gedrag)



Opkroppen



Je zin willen
krijgen



Meteen
reageren

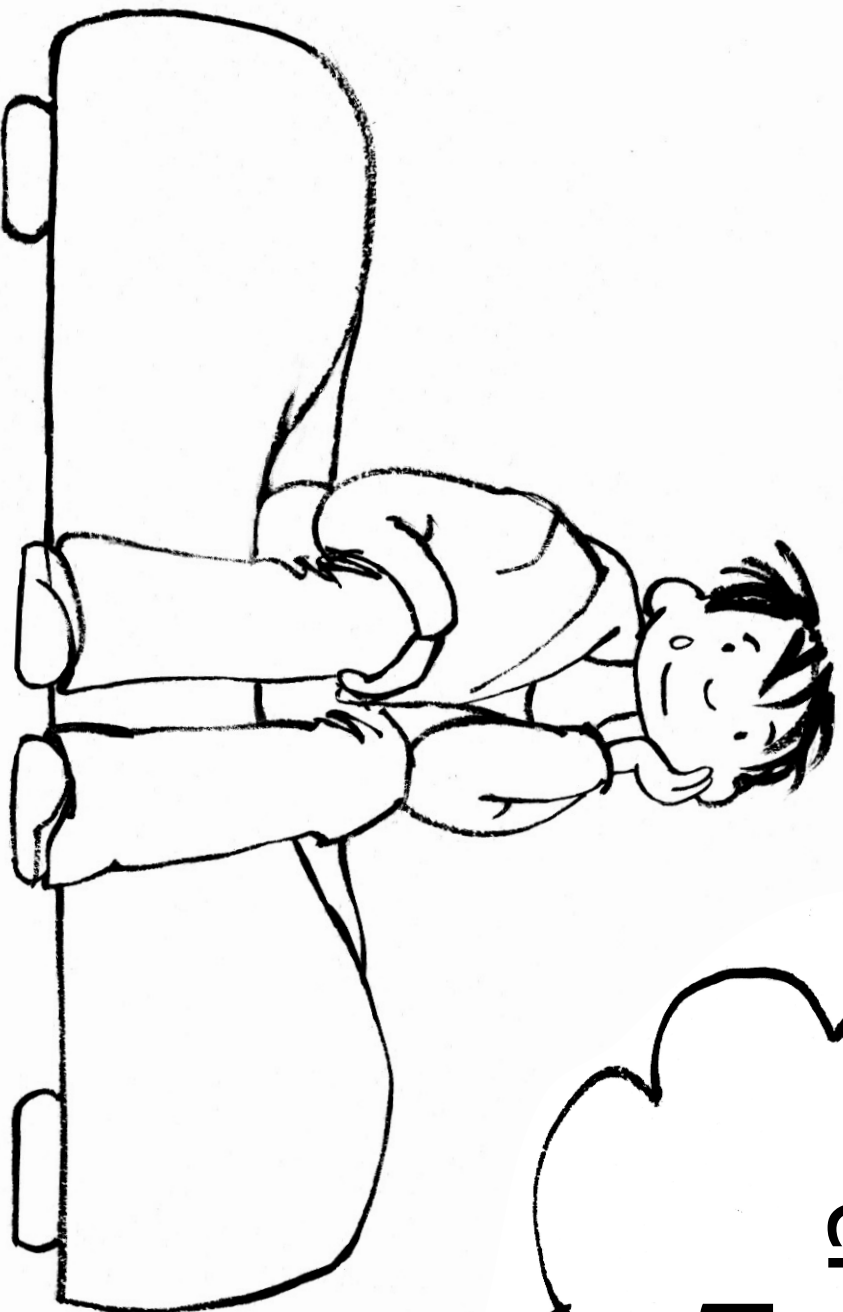
Hoe bereik ik wat ik wil? (Gevolg)

Hoe los ik
het op?

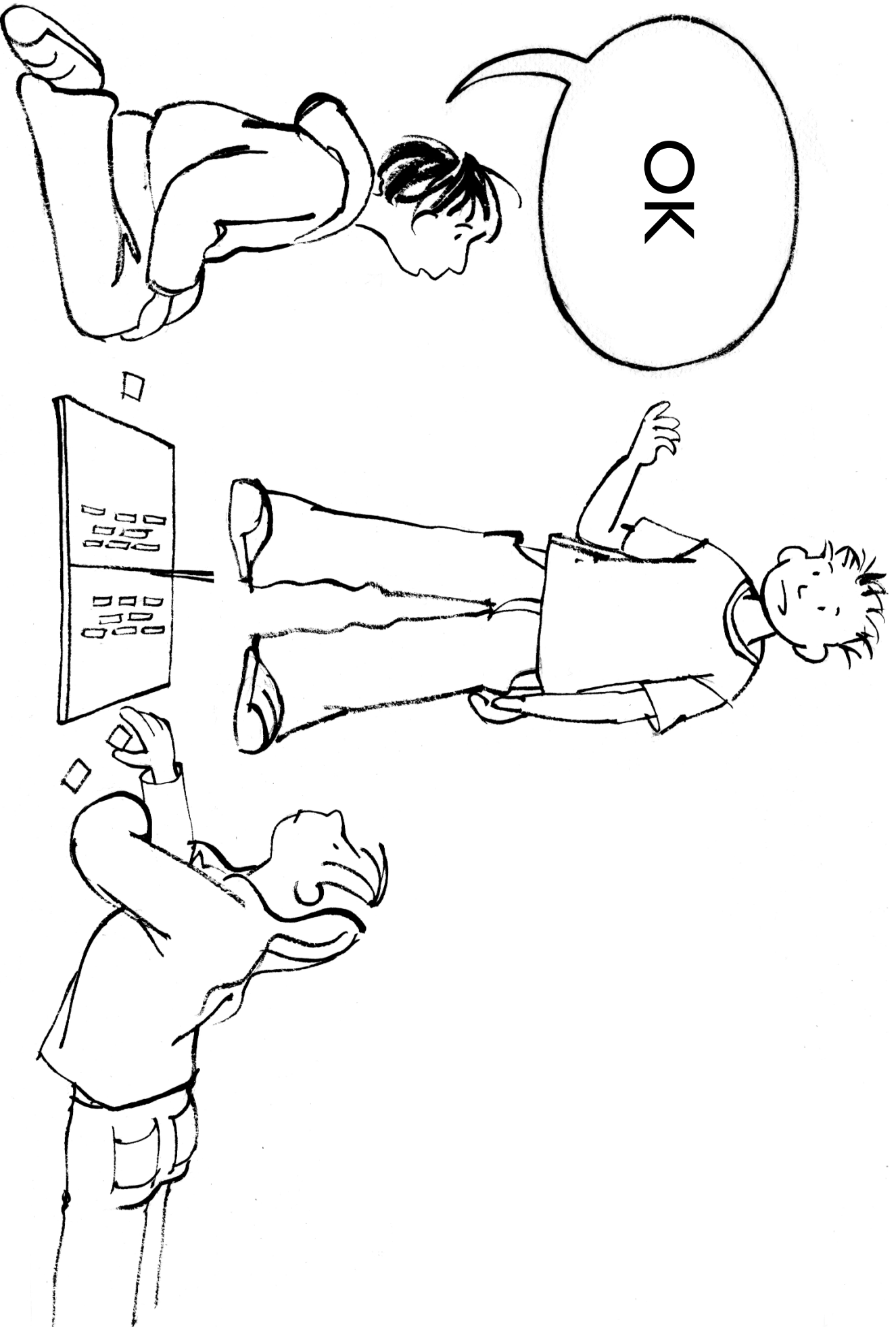


... als iets anders gaat dan ik zou willen

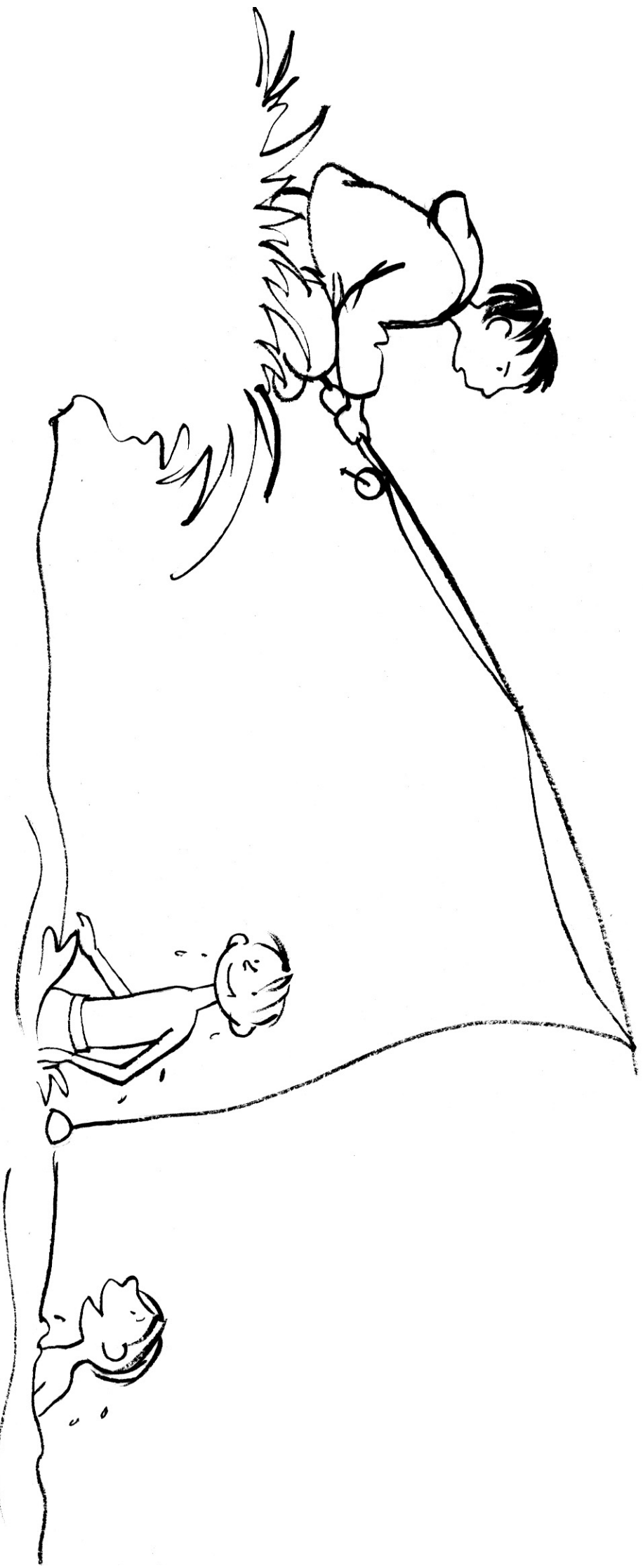
Ik maak
er het
beste van!



... als ik iets anders wil dan de ander

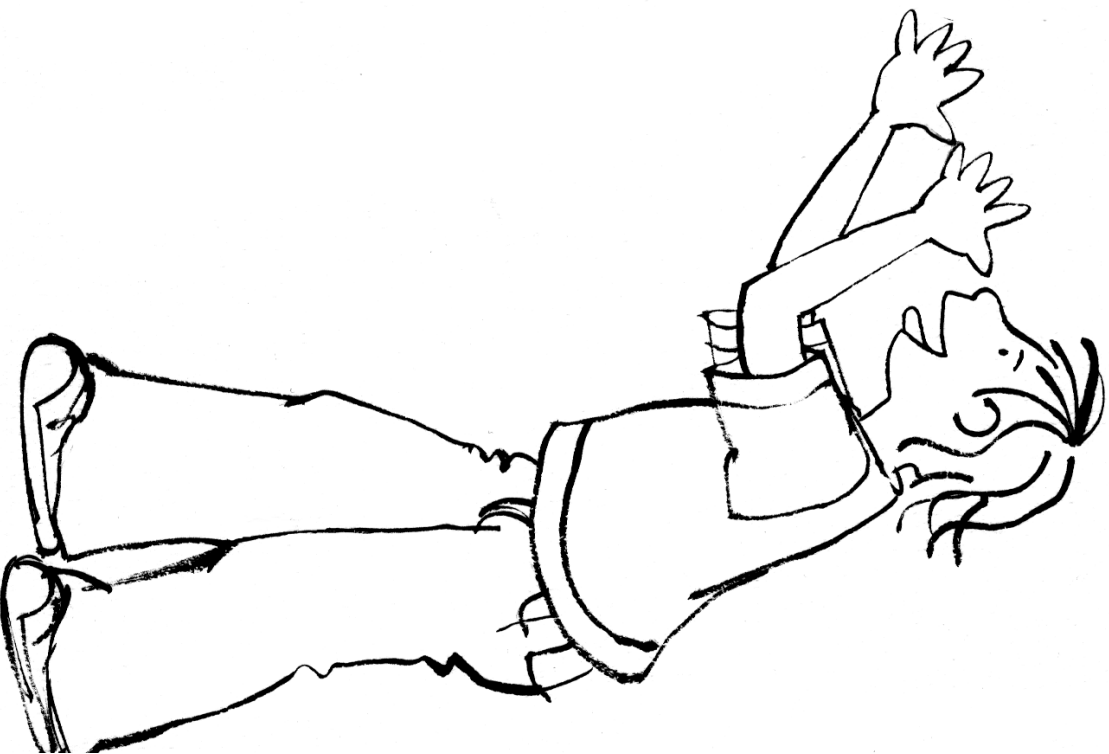
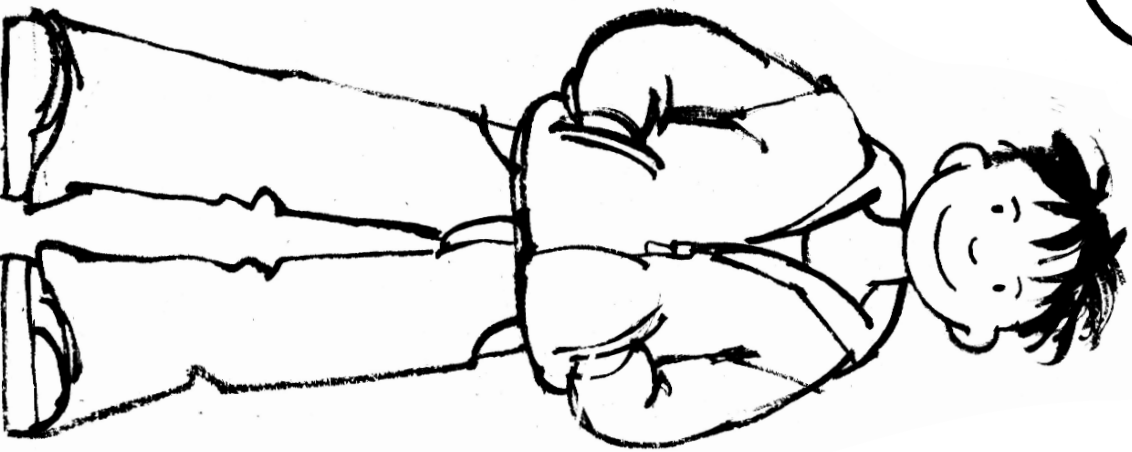


... als ik last heb van iemand

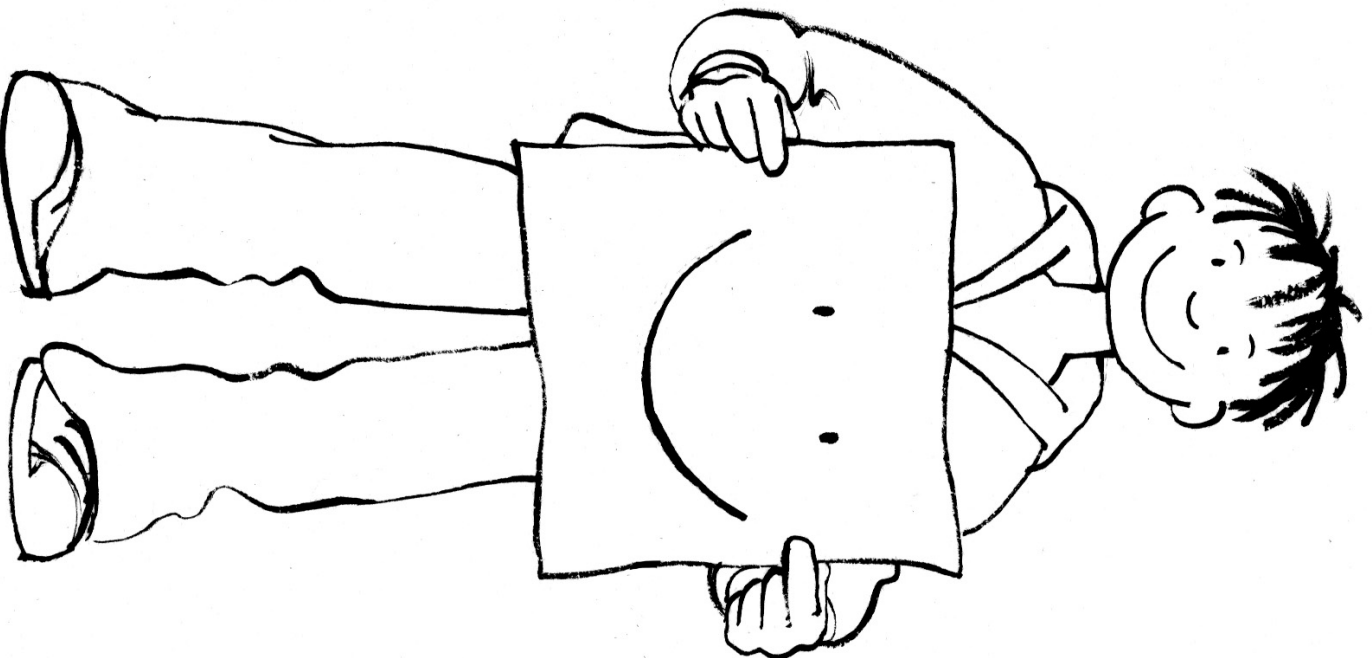


... als ik uitgedaagd word

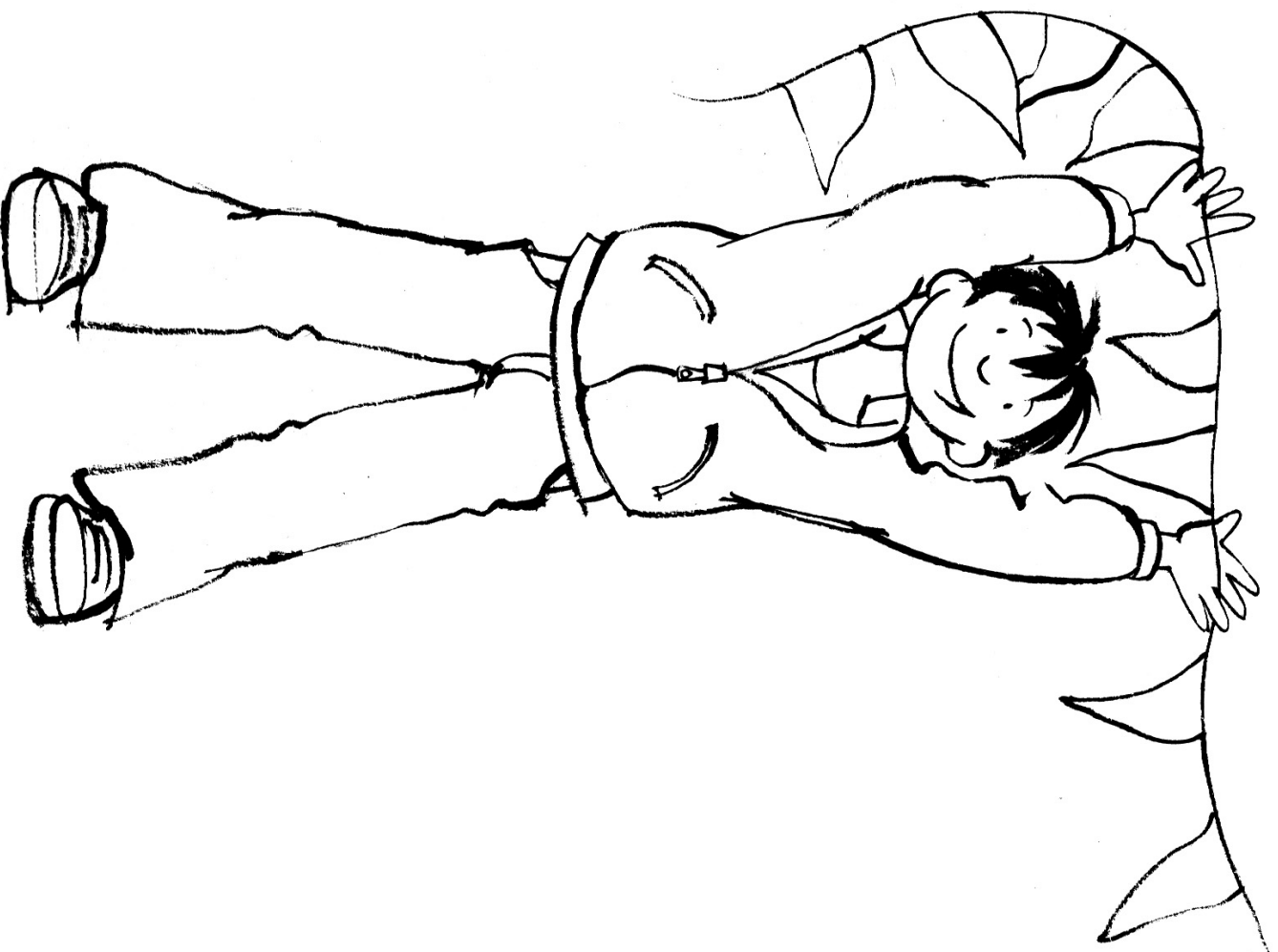
laat maar
kletsen



Hoe voel ik me goed?



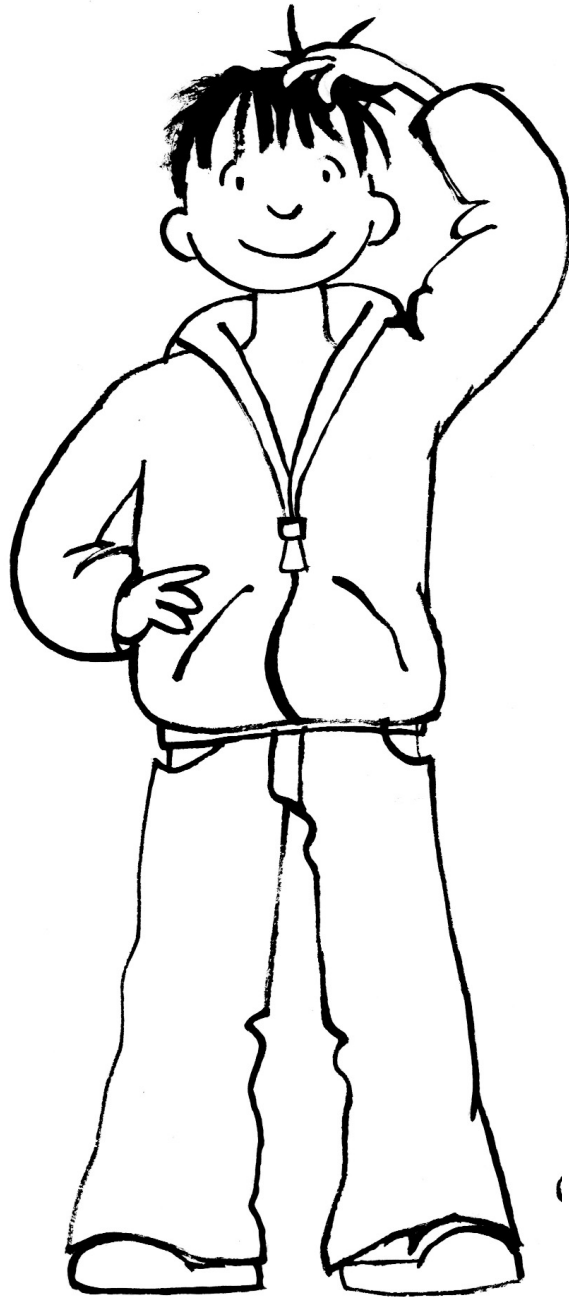
Herhaling en afsluiting



Gebeurtenis



Gedachte



Gevoel



Bang



Boos



Verdrietig

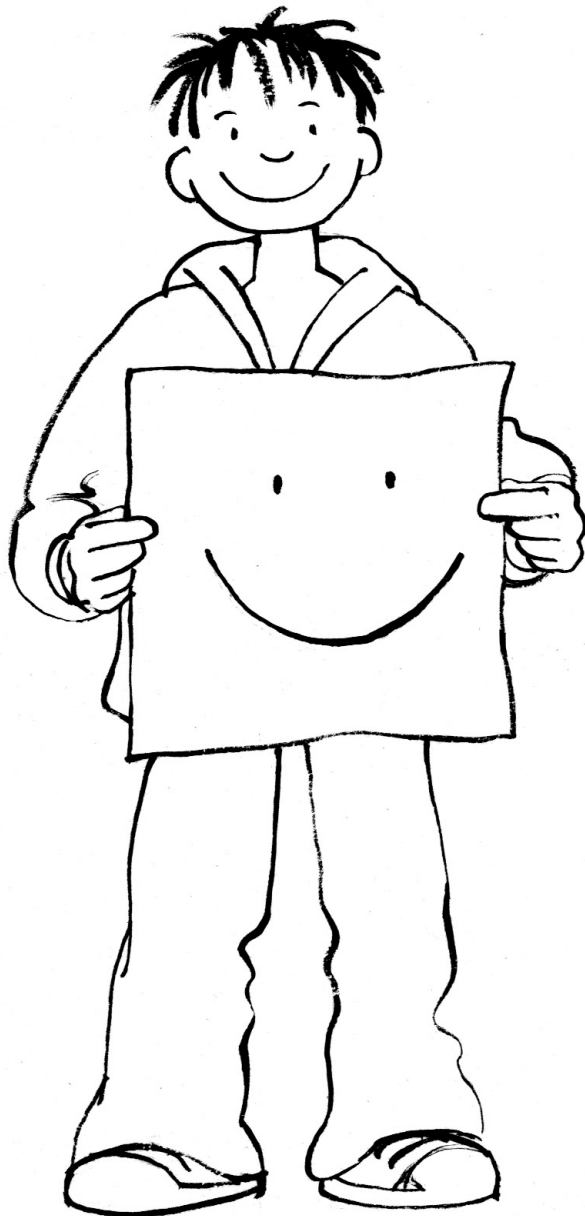


Blij

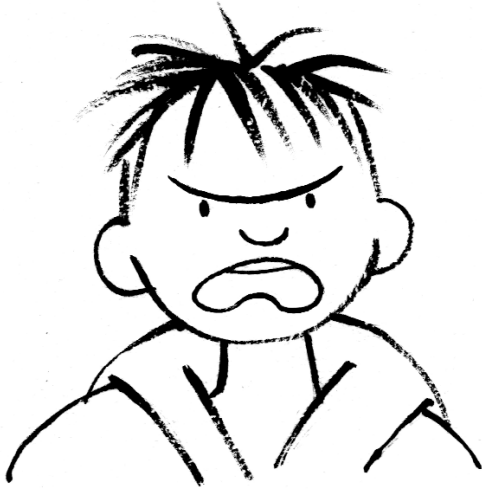
Gedrag



Gevolg



Boosheidthermometer



10. Razend

9. Woedend

8. Vreselijk boos

7. Erg boos

6. Boos

5. Behoorlijk boos

4. Beetje boos

3. Geïrriteerd

2. Beetje geïrriteerd

1. Niet boos

