



Typically, in your day-to-day life

*(think about this for minute, and if you like, draw the sizes of each circle in this space)*

In a particular social situation

For example, when you were last with someone you know. This could be someone you like or someone who makes you feel intimidated – whatever feels most relevant.

*(think about this for minute, and if you like, draw the sizes of each circle in this space)*

In your relationship with a particular voice

*(think about this for minute, and if you like, draw the sizes of each circle in this space)*