My own cycles

You might want to take the opportunity to have a think about your own cycles in specific situations with your child:

```
┌─────────────────┐
│    Situation    │
│                 │
└────────┬────────┘
         │
         ▼
┌─────────────────┐
│   My Thoughts   │
│                 │
└──┬───────────┬──┘
   ▼           ▼
┌──────────┐ ┌──────────┐
│   My     │ │   My     │
│Behaviours│◄►│ Feelings │
└──────────┘ └──────────┘
```

```
┌─────────────────┐
│    Situation    │
│                 │
└────────┬────────┘
         │
         ▼
┌─────────────────┐
│   My Thoughts   │
│                 │
└──┬───────────┬──┘
   ▼           ▼
┌──────────┐ ┌──────────┐
│   My     │ │   My     │
│Behaviours│◄►│ Feelings │
└──────────┘ └──────────┘
```