Domino #1	Domino #2	Domino #3	Domino #4	Domino #5
SOURCE	**Healthy Thoughts**	**Healthy Emotions**	**Healthy Behavior**	**Healthy Results**
	Unhealthy Thoughts	**Unhealthy Emotions**	**Unhealthy Behavior**	**Unhealthy Results**
LOSS	Concern	Sadness	Crying	
	Worry	**Depression**	Lifelessness	
MISTAKE	Concern	Remorse	Forgiveness	
	Worry	**Guilt**	Self Punishment	
CONFLICT	Concern	Weakness	Self Improvement	
	Worry	**Helplessness**	Escape	
VIOLATION	Concern	Anger	Confrontation	
	Worry	**Resentment**	Retaliation	
THREAT	Concern	Performance Anxiety	Planning	
	Worry	**Clinical Anxiety**	Avoidance	
FEELINGS	Concern	Rational Fear	Self Protection	
	Worry	**Irrational Fear**	Insulation	

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