

# Werkblad G-denken

**G1 Gebeurtenis**

1

**G2 Gedachten**

**G2 Helpende gedachten**

**G3 Gevoelens/gedrag**

**G3 Wensgevoelens/wensgedrag**

**G3 Nieuwe gevoelens / nieuw gedrag**

The worksheet is divided into several sections, each with horizontal dotted lines for writing:

- G1 Gebeurtenis** (Event): Section 1, located at the top left.
- G2 Gedachten** (Thoughts): Section 2, located on the middle left.
- G2 Helpende gedachten** (Helping thoughts): Section 2, located on the middle right.
- G3 Gevoelens/gedrag** (Feelings/behavior): Section 3, located at the bottom left.
- G3 Wensgevoelens/wensgedrag** (Desired feelings/desired behavior): Section 6, located at the bottom right.
- G3 Nieuwe gevoelens / nieuw gedrag** (New feelings / new behavior): Section 7, located at the very bottom.

A central diagram illustrates the process:

- A large grey arrow points from **G2 Gedachten** down to **G3 Gevoelens/gedrag**.
- A large grey arrow points from **G2 Helpende gedachten** down to **G3 Wensgevoelens/wensgedrag**.
- A large grey arrow points from **G3 Wensgevoelens/wensgedrag** up to **G3 Nieuwe gevoelens / nieuw gedrag**.

Numbered boxes (1-7) are placed at the start of each section. A large, stylized grey arrow shape is also present, spanning from the top right towards the bottom right, with the number 7 inside it.