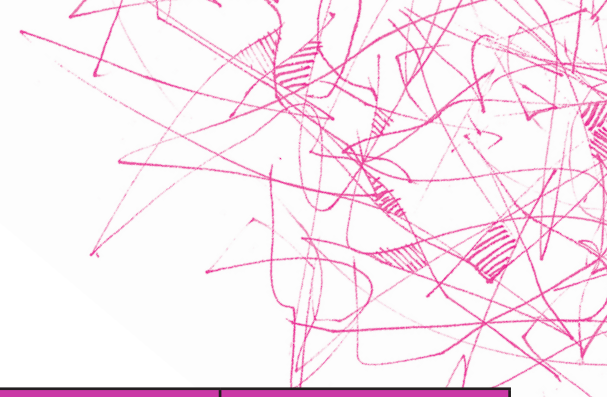


FUEL WORKSHEET



		What did you do? How did you behave?	How did that make you feel?	Did your response make you feel better/worse	Was it a short term or long term solution?	What would have helped?
Fear	<i>Fuelled me to....</i>					
Ignorance						
Hate						
Anger						