Combat Stress. Session 4

Passengers on the bus

Passengers on My Bus

What kind of passengers do you have? For example, Ms Worry, Guilly Guilt, Mrs Doubt etc.

Driver: How do you respond to each of the passengers whilst you are driving the bus?

Passenger 2:

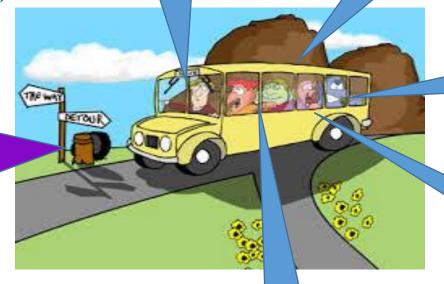
THE DRIVER

My Values

1

2._____

3.



Passenger 3:

Passenger 4:

Passenger 5:

What kinds of things might they tell you?	Where is your bus going?
How do you respond to passengers?	What things can help you keep your bus on the road you want to take?
What other options do you have?	E.g. Remember you are
	the driver & decide whether to listen to the passengers or not?