



37

7-kolonneskema

Navn og dato:

Udfyldt af:

Situation	Tanke	Følelse/krop	Handling
	Alternativ tanke	Alternativ følelse	Alternativ handling
	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="margin-bottom: 5px;">100%</div> <div style="width: 100%; height: 10px; border: 1px solid black; margin-bottom: 5px;"></div> <div style="margin-bottom: 5px;">90%</div> <div style="width: 100%; height: 10px; border: 1px solid black; margin-bottom: 5px;"></div> <div style="margin-bottom: 5px;">80%</div> <div style="width: 100%; height: 10px; border: 1px solid black; margin-bottom: 5px;"></div> <div style="margin-bottom: 5px;">70%</div> <div style="width: 100%; height: 10px; border: 1px solid black; margin-bottom: 5px;"></div> <div style="margin-bottom: 5px;">60%</div> <div style="width: 100%; height: 10px; border: 1px solid black; margin-bottom: 5px;"></div> <div style="margin-bottom: 5px;">50%</div> <div style="width: 100%; height: 10px; border: 1px solid black; margin-bottom: 5px;"></div> <div style="margin-bottom: 5px;">40%</div> <div style="width: 100%; height: 10px; border: 1px solid black; margin-bottom: 5px;"></div> <div style="margin-bottom: 5px;">30%</div> <div style="width: 100%; height: 10px; border: 1px solid black; margin-bottom: 5px;"></div> <div style="margin-bottom: 5px;">20%</div> <div style="width: 100%; height: 10px; border: 1px solid black; margin-bottom: 5px;"></div> <div style="margin-bottom: 5px;">10%</div> <div style="width: 100%; height: 10px; border: 1px solid black; margin-bottom: 5px;"></div> <div style="margin-bottom: 5px;">0%</div> </div>		