

**Common Sense** asks good questions about what can help you out of a tricky situation. She is very matter-of-fact and likes to check on the evidence. ‘How do you know that?’, she will ask. ‘Are you jumping to conclusions or letting your imagination run away with you?’ She also reminds you of all the strengths you can put to good use. She can help you feel hopeful and strong.

**Figure 11.8** Common Sense

**Photocopiable:** *Circle Solutions for Student Wellbeing* 3e Sue Roffey, 2020 (SAGE)