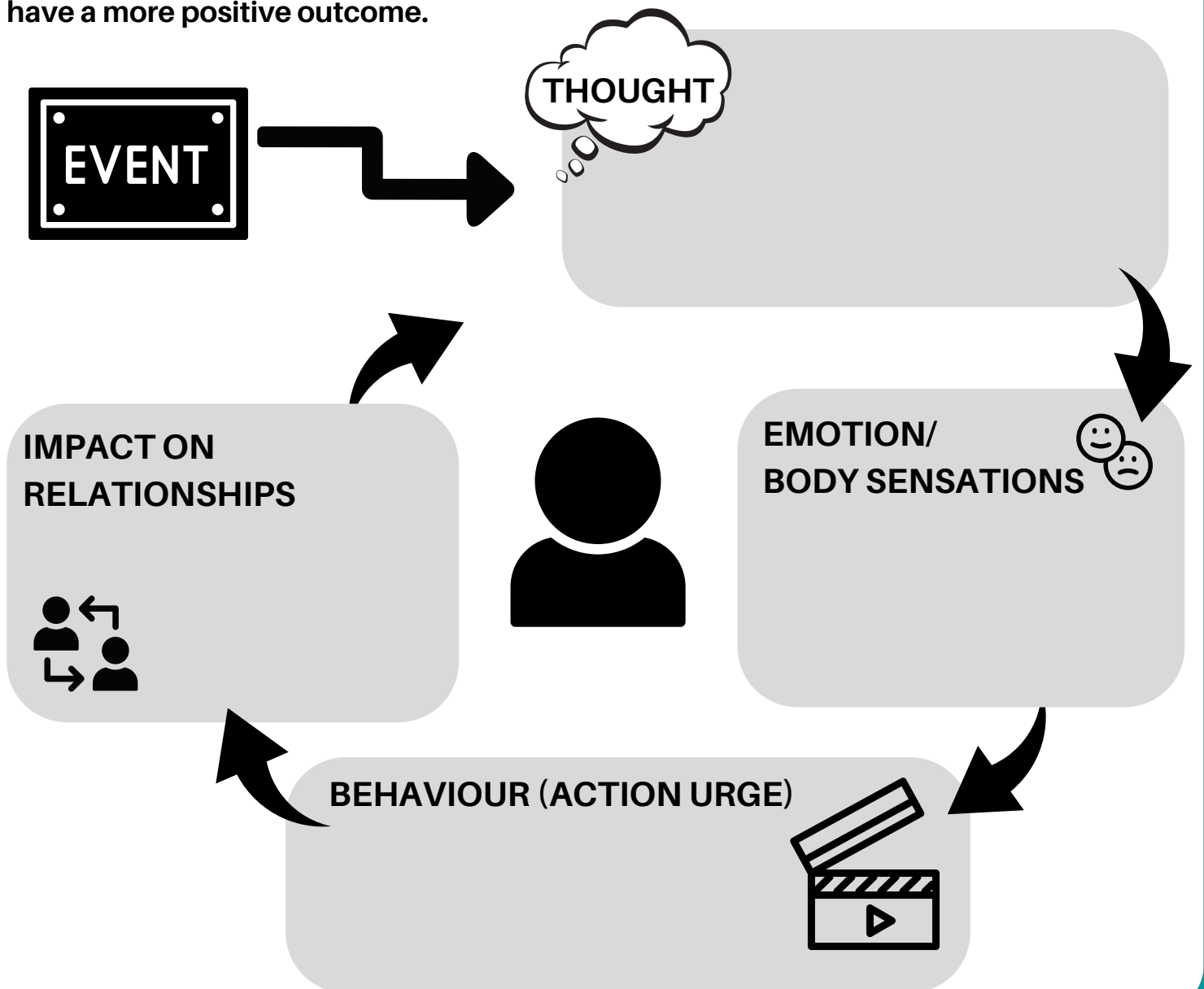


Thoughts, Emotions & Behaviours Cycle

It can be helpful to spend time reflecting on the common cycles we find ourselves in, especially if they are not particularly helpful to us or those around us.

When an event occurs, we will have a thought about the event based on how we view it in that particular moment. This thought will then cause an emotion which will be based on how we view the event that has occurred. Each emotion then has an "action urge" - a particular behaviour - that we can then choose to act on or not. The problem is when we choose to act on our urges that aren't always helpful and may lead to negative consequences for us or those around us.

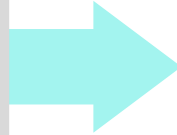
By reflecting on the negative patterns we experience, we can start to break the cycle and create new patterns of thoughts, emotions and behaviours which will hopefully have a more positive outcome.



Breaking the Cycle

THOUGHT


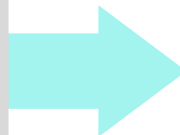
Is there another way of looking at the event?
Is the thought **FACT** or **OPINION**?



Empty box for writing thoughts.

EMOTION


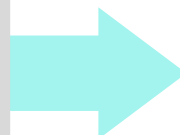
Can you name the emotion?
What strategies can you use to improve physical sensations?
Is the emotion justified?
(does it fit the facts?)



Empty box for writing emotions.

BEHAVIOUR (ACTION URGE)


Will acting on the emotion be effective in the long & short term?
Would opposite action help?
Would problem-solving help?
What can you do instead?



Empty box for writing behaviours.

IMPACT ON RELATIONSHIPS

Will acting on this emotion affect the people around you in a negative way?
Will your actions negatively affect how you view yourself?
What can you do to improve or maintain your relationships?



Empty box for writing relationship impacts.