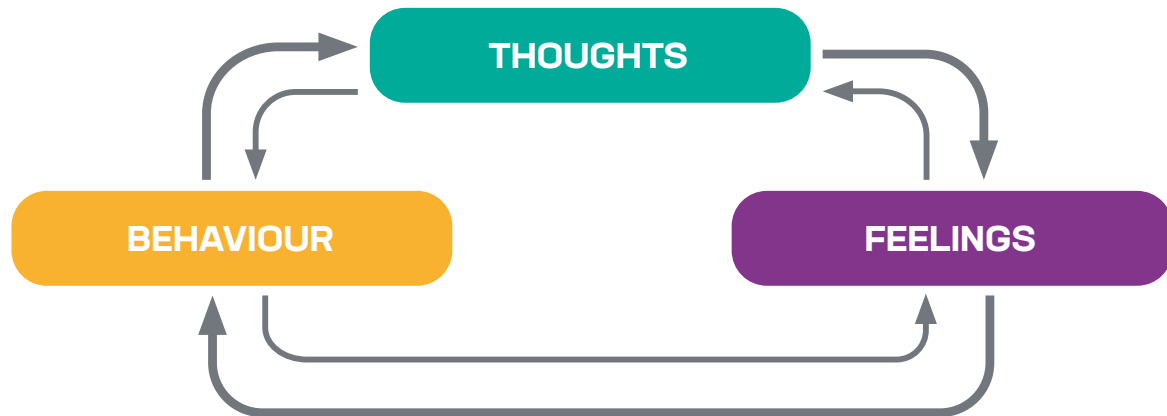


Grow your possibilities

Thoughts, Feelings, Behaviours

Our thoughts, feelings and behaviours are all closely linked and they each impact one another.



Thoughts are conscious and usually have reason, although it's important to remember that thoughts aren't always facts. Examples of thoughts are:

- I'll have chicken for tea
- Planes are scary
- This world is a nice place to live

Feelings are emotions. There are four core emotions recognised in psychology and each of them has a purpose.

- Anger. Anger tells us that we want something to change.
- Sadness. Sadness tells us that we are missing something or have suffered a loss.
- Fear. Fear tells us that we need to get away from something or prevent something from happening in the future.
- Happiness. Happiness tells us that we need or would like more of something.

Behaviours are what other people can see. Examples of behaviours are:

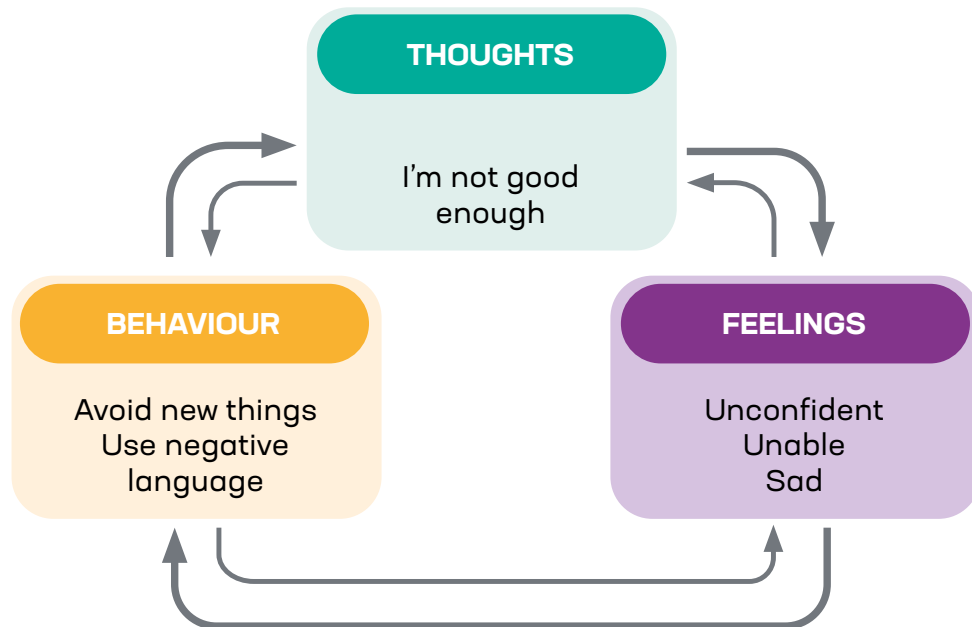
- Someone shouting
- A child playing with a toy
- A cat licking its paw
- Someone giving someone else a gift
- Someone eating a sandwich

Certain behaviours typically occur with certain thoughts and feelings. For example, if someone is feeling happy (the emotion) they might smile (the behaviour). Behaviours can be seen but thoughts and feelings can't.

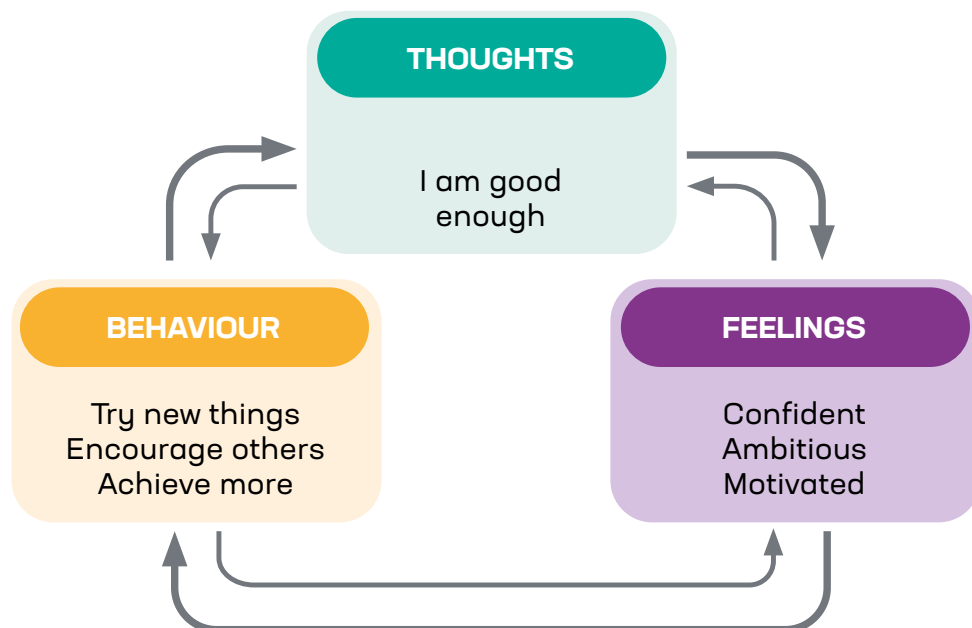
Grow your confidence

Thoughts, Feelings, Behaviours

When we have negative thoughts, it affects our feelings and our behaviour. Like in this example:



When we're in a negative cycle like this one, it's difficult to get out. We can change the cycle to be more positive by changing our thoughts. This will impact our feelings and behaviours to be more positive too.

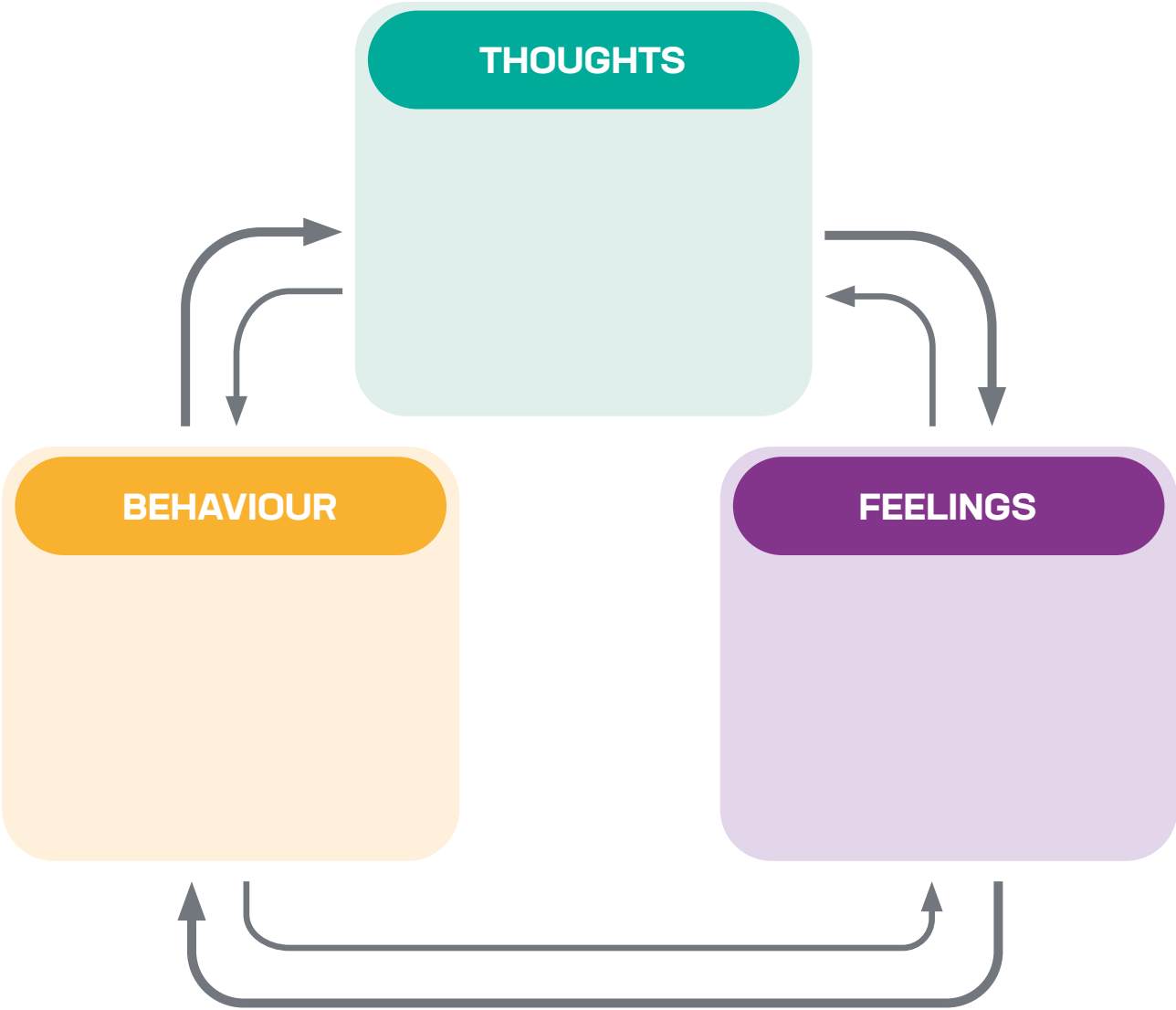


For the change to make a difference, we have to really believe our new thought. A good way to do this is to make sure you change it **every time** you have the negative thought. You can also remind yourself of examples that back up your positive thought each time you think it.

Grow your confidence

Personal reflection

Fill in the circles below with a negative thought that you sometimes have, and how it impacts your feelings and your behaviour.

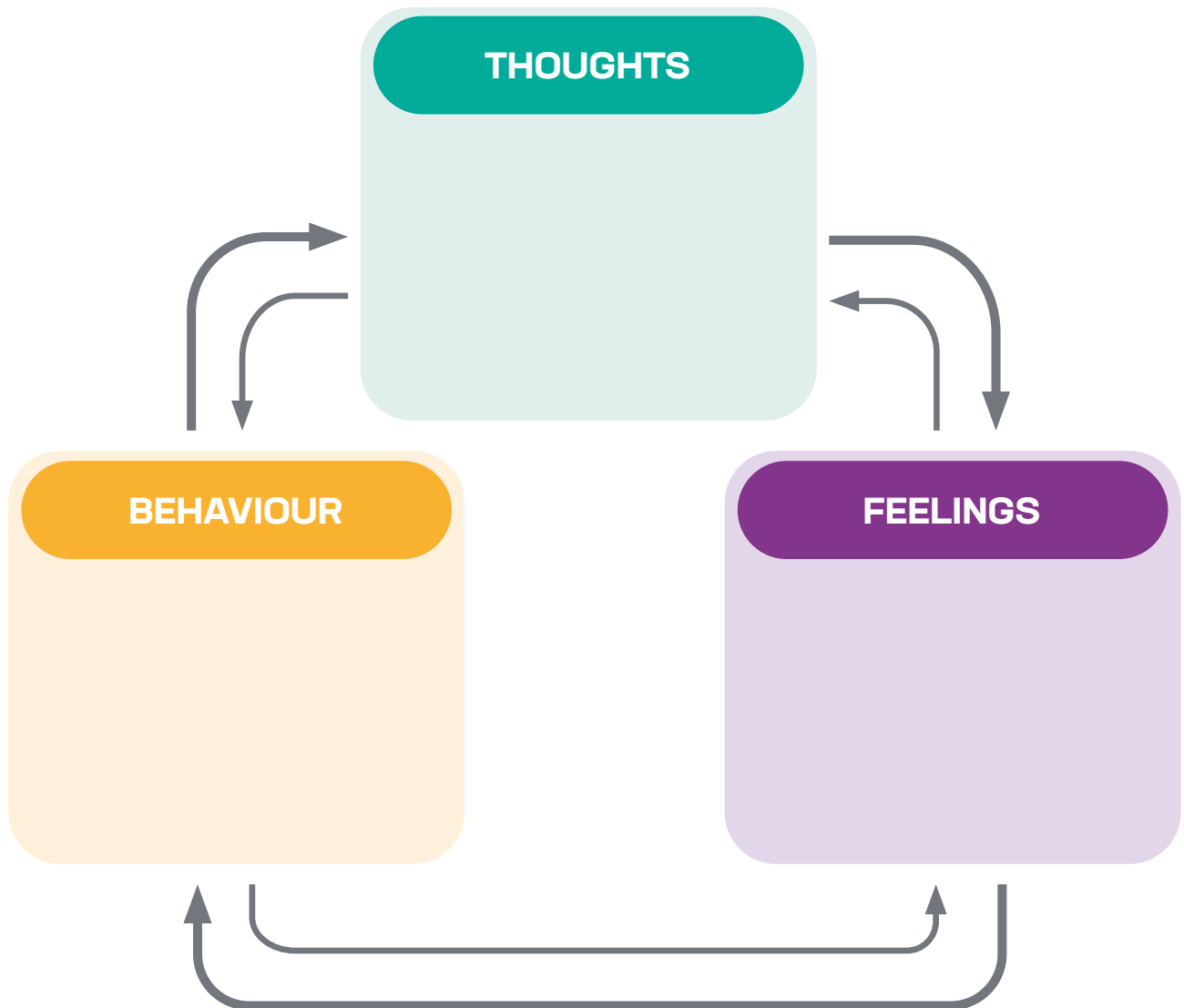


Grow your confidence

Personal reflection

Now note down some examples of positive thoughts that could replace the negative thought.

Choose your favourite positive thought and fill in the circles again, thinking about how the new thought will change your feelings and behaviour.



This process can take time to work but the effects are long-lasting. Be patient with it and keep looking back at what you've written in each circle if you need a reminder to stay on track.

If you find your negative thoughts are too difficult to change on your own, ask your General Practitioner (GP or Doctor) about speaking to a mental health professional.