

Thoughts, Feelings, Actions

How thoughts feelings and actions are connected?

From time to time, all of us struggle with thoughts, feelings and behaviours that are unproductive or detrimental, and we all find it difficult at times to muster the motivation to take the action needed to interrupt our troublesome outlook and replace it with a healthier, more positive one.

Simply put, a situation arises, and we have thoughts about the facts of that situation; those thoughts trigger feelings, and based on those feelings we engage in behaviours which in turn affect the situation (either positively or negatively), and the cycle continues.

While at first it may seem that, as creatures of habit, we can do little to interrupt these cycles, which is not the case. There are proven methods to intervene at various points in the cycle and change the trajectory. The exercises in this section are designed to help students learn to identify troublesome cycles and employ straightforward interventions to head in a healthier direction. There are exercises specific to each phase of the cycle.

Thoughts, Feelings, & Actions is a colourful worksheet which uses simple language and examples, to explain how thoughts, feelings, actions are connected and how you can change them.

Thinking errors are irrational beliefs that contribute to uncomfortable emotions and unwanted behaviour. The **Thinking Errors** worksheet uses simple language and plenty of examples to describe the nine common thinking errors. These include mind reading, feelings as facts, blowing things up, and more.

Thought records are used to teach about the interactions between thoughts, feelings, and behaviours, and as a tool for you to record your *own* experiences.

Thought logs are used to help you become more aware of your irrational thoughts, feelings, behaviours, and the relationships between all three. After identifying harmful irrational thoughts, you will be able to intervene, and begin changing them.

Resources:

Thinking Errors

Thought log

Thought Record

Worksheet

Helping Students Connect the Dots

<https://classroommentalhealth.org/in-class/thoughts/>

Thoughts, Feelings and Behaviours (YouTube)

<https://www.youtube.com/watch?v=PcFmrVZ0e-I>