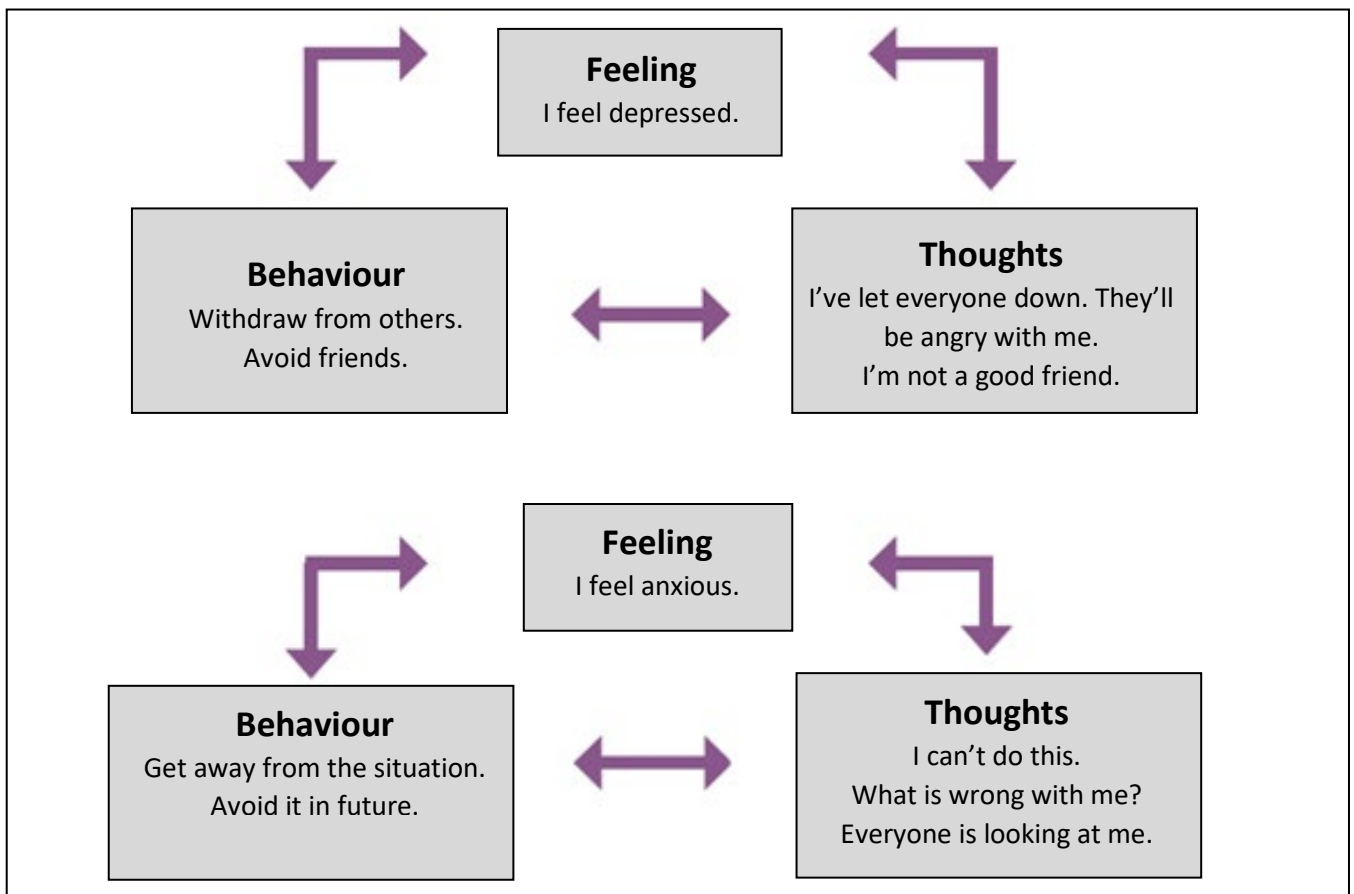
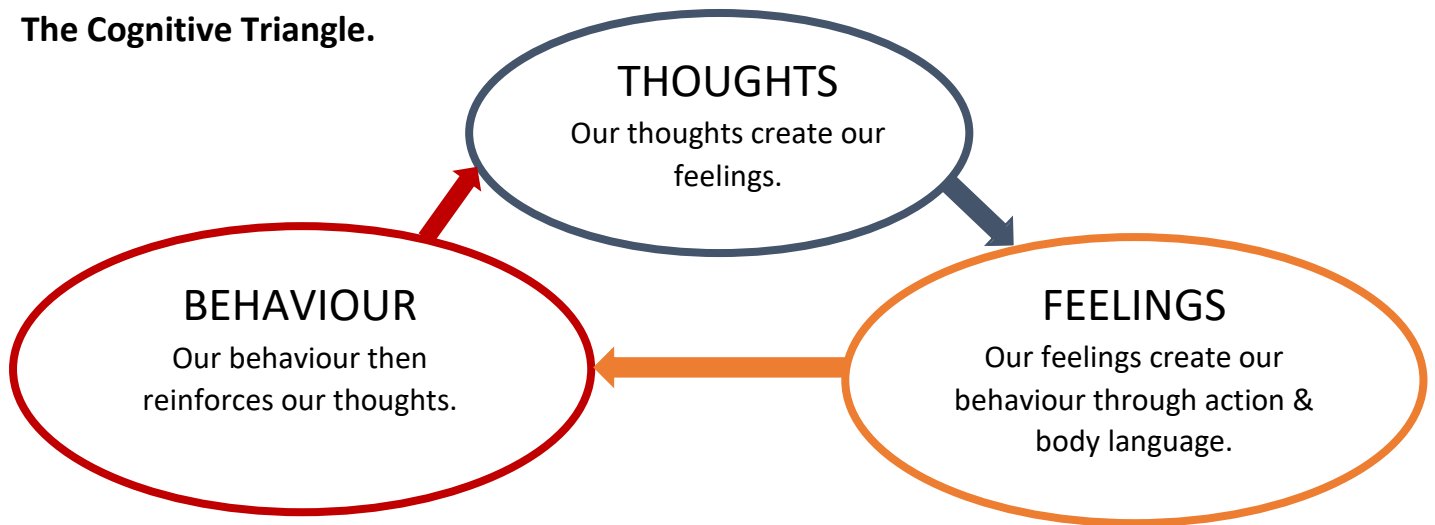


Thoughts, feelings & behaviour.

It is useful to understand how we think (thoughts) how we feel (feelings) and how we act (behaviour), all interact and go together.

The Cognitive Triangle.



Write two choices you made in the last week that may have affected your health. In addition, you should note if the choices affected your health were in a positive or negative way.

1.

2.

Case Studies

1. Katy gained good qualifications and was well thought of at school but didn't get an apprenticeship after going for an interview. Katy said that she is rubbish at interviews and will never get offered any apprenticeship.
2. Taylor wanted to go to University after Sixth Form but didn't get a high enough grade in two of her exams. She thinks she will never have a chance of getting to University and that she is no good at anything. She'd had a lot of family difficulties and had moved house during the exam period.
3. Nathan didn't get on with his teacher in the subject that he failed in. He didn't understand the teacher in class and he was not as good as his old teacher.

Can you identify the **negative thoughts** (highlight or underline).

How do you feel each of them is **feeling**?

Do you think any of them are motivated to try again?

The Negative Thought Cycle.

Our beliefs (thoughts) about the causes of events can affect how we approach future events.

Negative thoughts leading to negative feelings & behaviour.

