



THE CYCLE OF THOUGHTS, FEELINGS & BEHAVIORS

EVENT

You aren't always aware this even triggers a cycle.

A co-worker hurries past you in the morning and doesn't acknowledge you when you say, "Good Morning!"

BEHAVIOR

You act/ behave in a way that follows your feelings.

You get to your desk; the phone rings, and you answer in a very gruff manner, "What do you need?"

Your hand is digging in your food stash and you are unwrapping a carb-filled mini-muffin as you listen to the person on the other end of the phone.

You say you'll call the person back, hang up and stuff the muffin into your mouth. In your head you hear, "Ahhhh." You breathe deeply and start to relax.

THOUGHT

This usually happens so quickly you aren't aware of it...but it's there.

"She's such a b#@*h! I don't know why I bother to even speak to her."

EVENT

THOUGHT

BEHAVIOR

FEELING

MORE FEELINGS

MORE THOUGHTS

FEELING

Feelings/emotions are stirred up by the thought.

You're aware that you're feeling angry and that your face is flushed and feels warm.

MORE FEELINGS

Your thoughts and emotions continue in a spiral.

"I don't know why it even matters to me anyway."
You are aware of sadness and feel a lump forming in your throat.

"What a bad way to start my day, seeing her."
You continue to feel sadness and frustration.

MORE THOUGHTS

The feelings/emotions lead to more thoughts, which lead to more feelings/emotions...and more thoughts and more feelings/emotions.

"She's always thought she's better than me."
Anger and shame flood your body. You realize you are hanging your head as you walk down the hall.