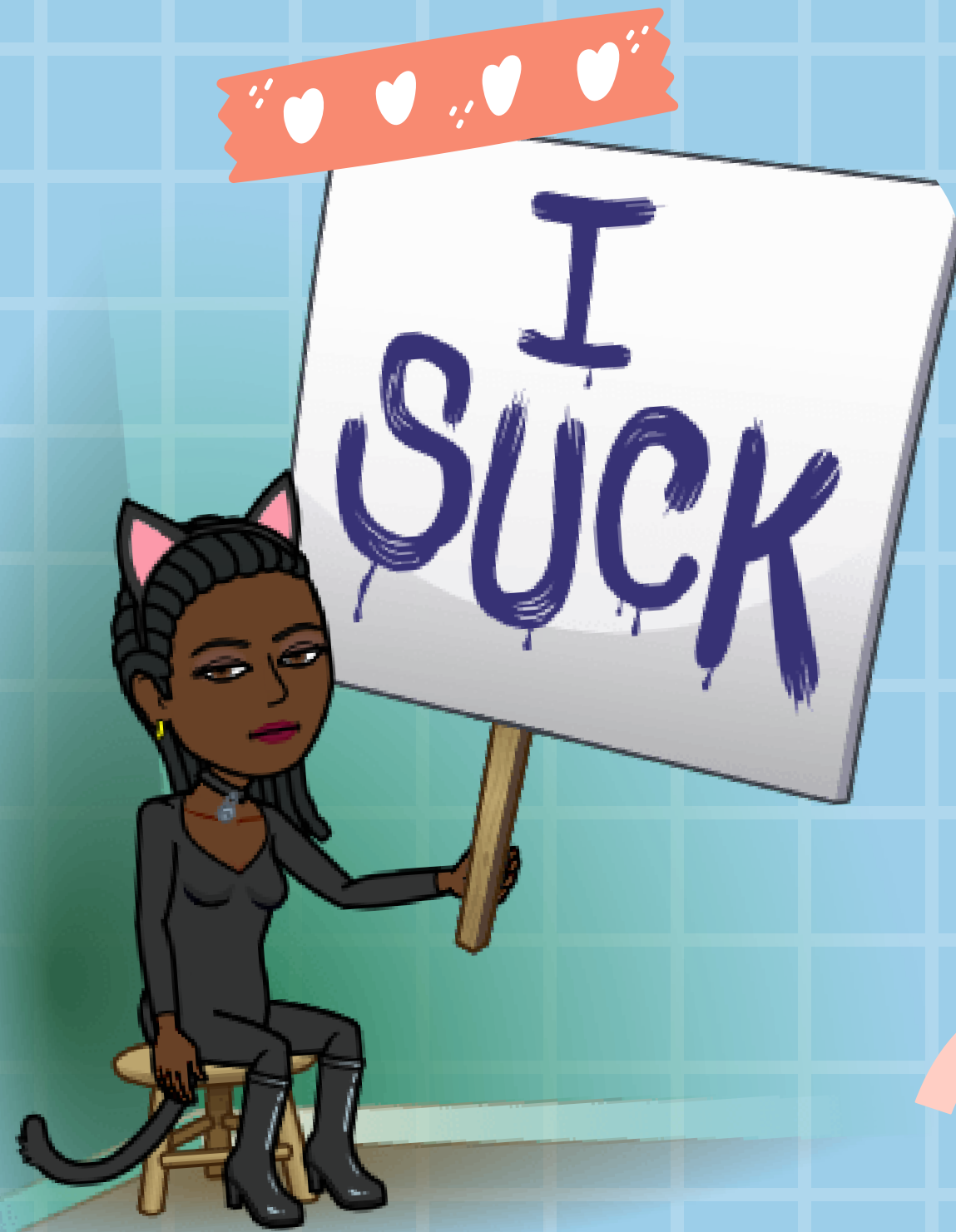
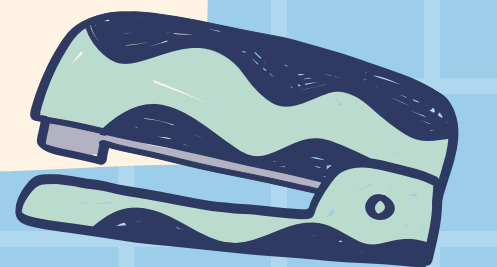


Thoughts, Feelings, Actions, & Results



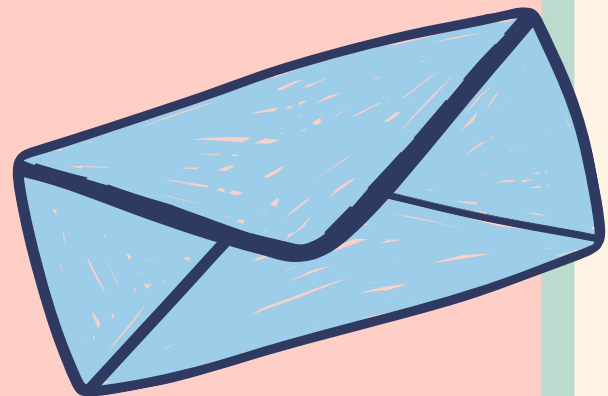
It starts with a
THOUGHT

Thoughts are things you tell
yourself.



Thoughts create FEELINGS

Feelings are the emotions that
we feel about any given
situation.





Feelings lead to ACTIONS

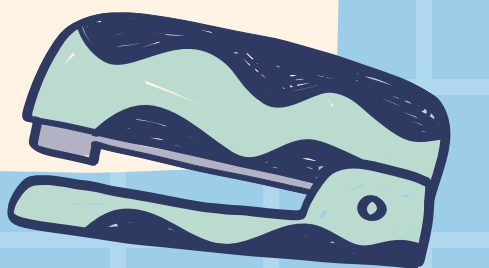
Actions are the things you do or the
way you behave.

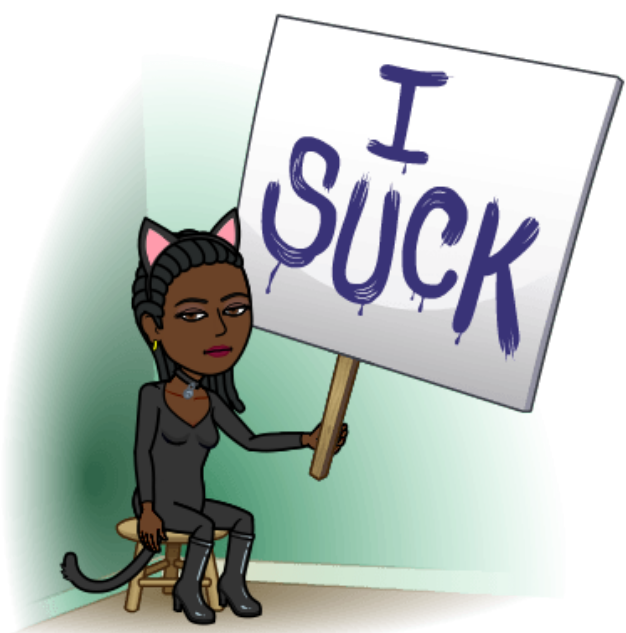




Our actions create our RESULTS

What happens are you take action.

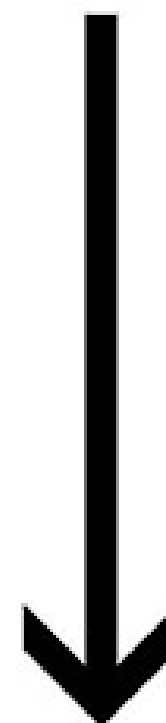




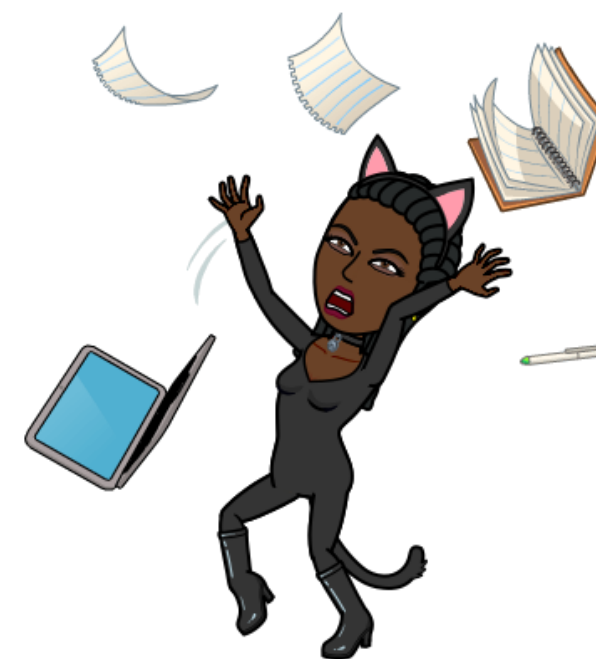
THOUGHTS



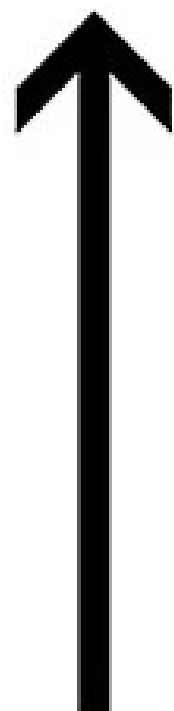
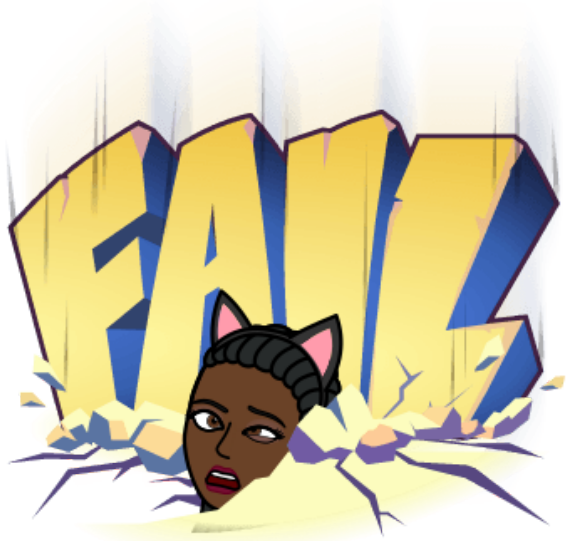
FEELINGS



ACTIONS



RESULTS





A THOUGHT CAN
BE CHANGED

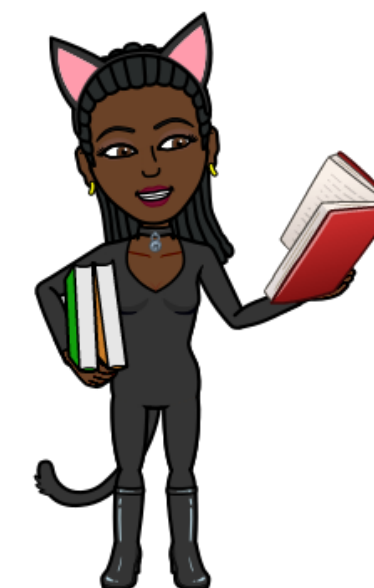
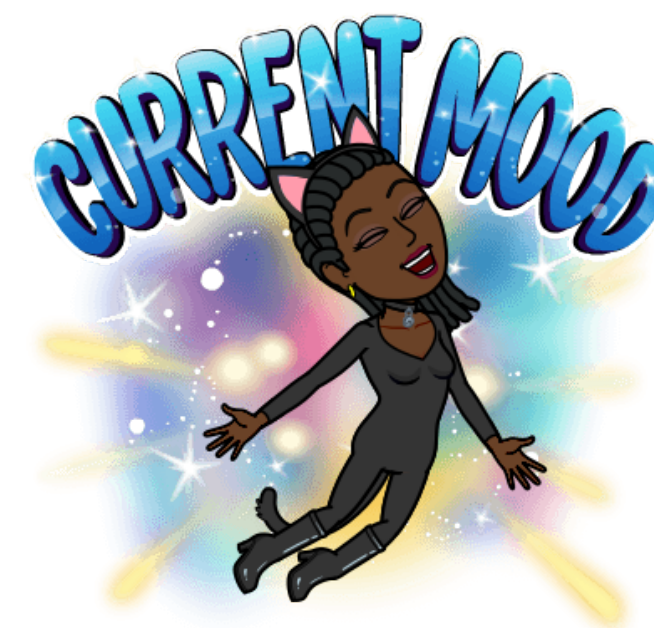


THOUGHTS

FEELINGS

RESULTS

ACTIONS



Situation:

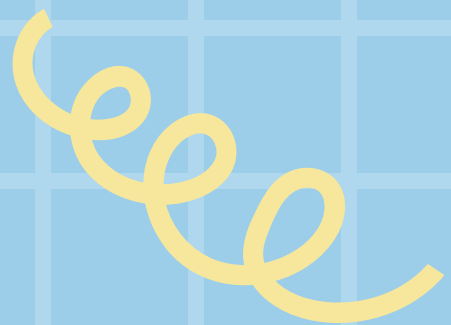
Alexa walked by me and didn't
say 'hi'



eee

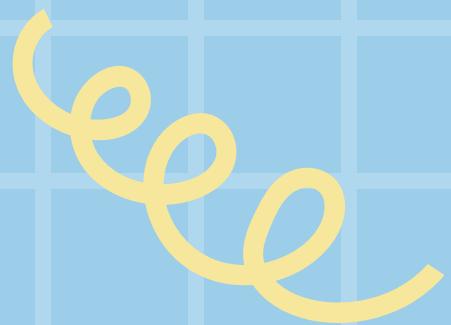
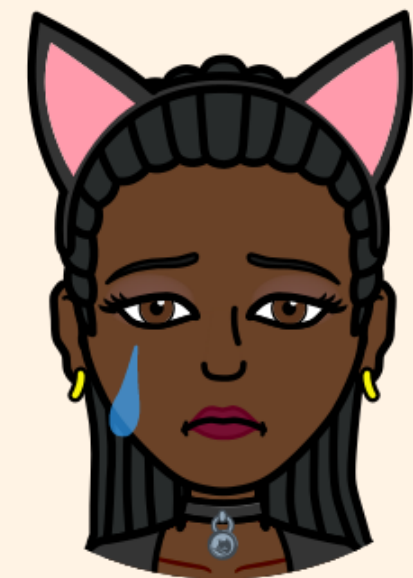
Thought:

Alexa totally ignored me. She
must be mad at me.



Feeling:

I felt sad and hurt.

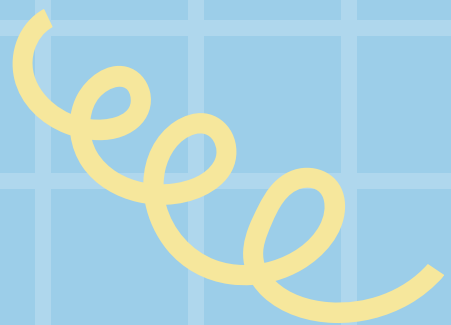


Action:

Because I was upset, I avoided
her at school.

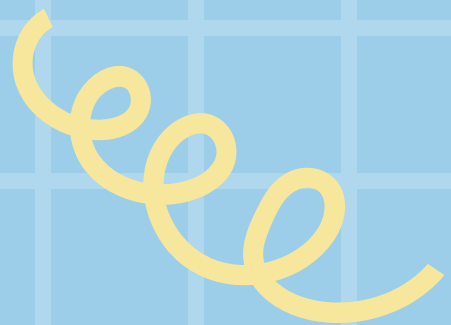
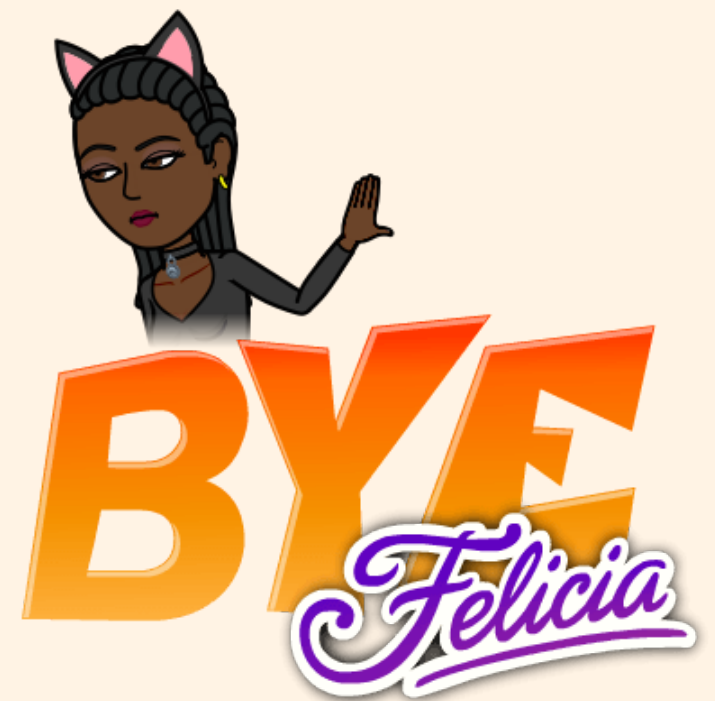


Rude.



Result:

We are no longer friends.

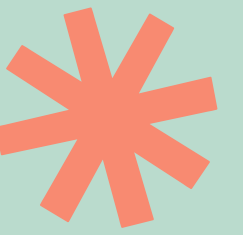
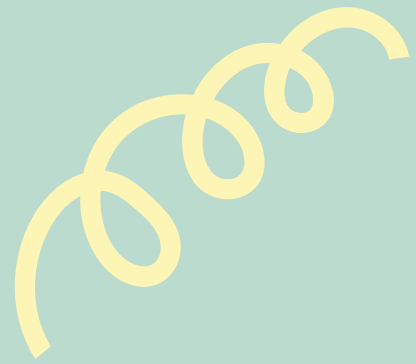


Situation:

Alexa walked by me and didn't
say 'hi'



eee



New Thought

Maybe Alexa was mad at me.
Maybe not. I just don't now
right now.

Maybe Alexa was thinking about
something else and didn't notice
me.

Maybe Alexa was upset at
something unrelated to me.

New Feeling

Concerned Alexa might be
upset, but not as sad as I was
before.

Disappointed, but
understanding.

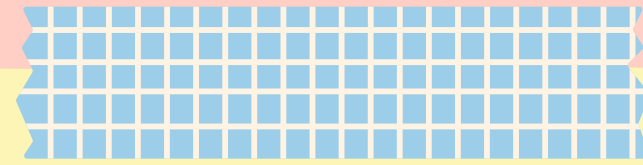
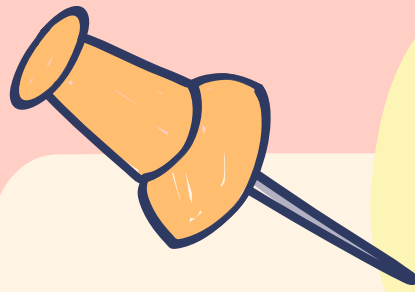
Worried about how Alexa is
feeling.

New Action

Ask Alexa if she's mad at me or
if there is another problem.

Stay friendly and be sure to
say 'hi' the next time I see her.

Ask Alexa if she's ok and
offer to help.



Remember

Just because you have a thought, doesn't mean it's true.

Your thoughts are just guesses as to why something happened or about something that might happen.

Coming up with new thoughts will help you see things differently.

