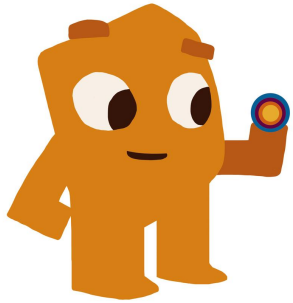


# A THOUGHT IS A THOUGHT



## THE ACTION

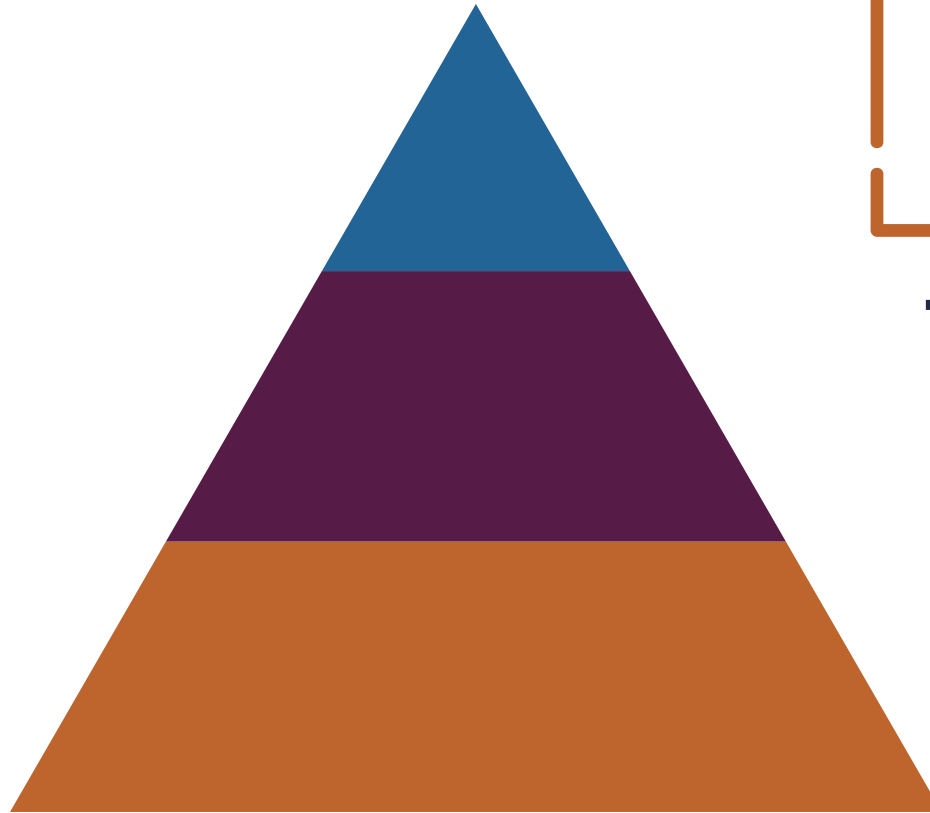
(YOUR RESPONSE)

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.....  
.....  
.....  
.....  
.....  
.....

## THE THOUGHT

(SELF-TALK, BELIEFS)

.....  
.....  
.....  
.....  
.....  
.....  
.....



## THE TRIGGER

(WHAT HAPPENED?)

Empty rectangular box with an orange border.

## THE EMOTION

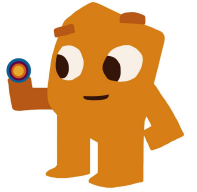
EMOTIONS

.....  
.....  
.....

SENSATIONS

.....  
.....  
.....

# A THOUGHT IS A THOUGHT



## THOUGHTS TO FEELINGS

### THE TRIGGER

You wave at your friend and they don't wave back.

### THOUGHTS

Your initial response might have you thinking "My friend doesn't like me." Let's explore different ways of thinking about the situation...

#### NEGATIVE THOUGHTS

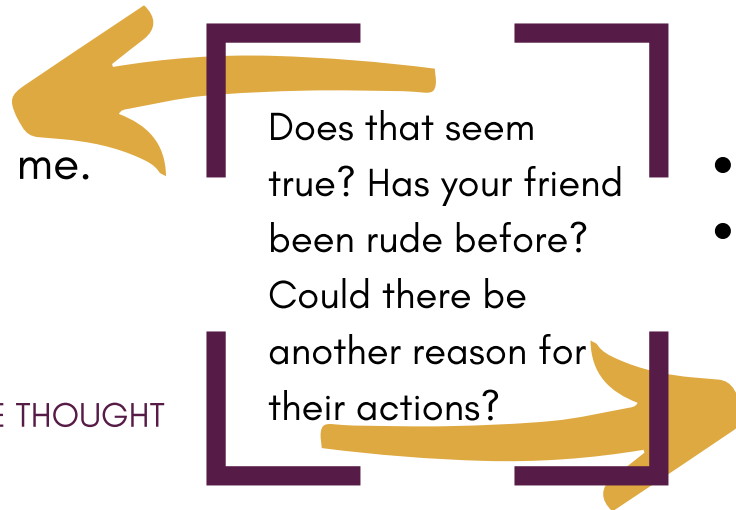
- My friend is ignoring me.
- My friend is so rude.

#### EMOTIONS CONNECTED TO THE THOUGHT

- Hurt
- Sad

#### ACTIONS

- Say mean things about them.
- Stop talking to them.



#### ALTERNATIVE NEUTRAL OR POSITIVE THOUGHTS

- My friend must not have seen me.
- My friend must be distracted, they didn't even notice me.

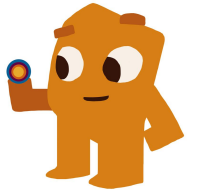
#### EMOTIONS CONNECTED TO THE THOUGHT

- Confused
- Curious

#### ACTIONS

- Shout hello so they see you
- Call them to see if everything is ok.

# A THOUGHT IS A THOUGHT



## THOUGHTS TO FEELINGS

### THE TRIGGER

.....

### THOUGHTS

.....

.....

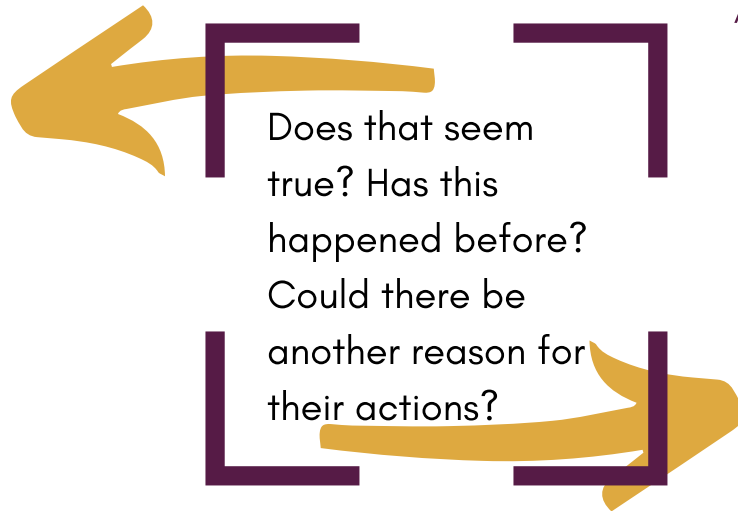
#### NEGATIVE THOUGHTS

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.....

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#### ALTERNATIVE NEUTRAL OR POSITIVE THOUGHTS

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**REFRAMING**

What's something that has happened to you that you can look at another way? Be curious, use your imagination, how could the situation look different in your mind?

#### EMOTIONS CONNECTED TO THE THOUGHT

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#### EMOTIONS CONNECTED TO THE THOUGHT

.....

#### ACTIONS

.....

#### ACTIONS

.....