

Recognizing How We Think, Feel, and Behave

Our mental and physical responses overlap and impact how we think, feel, and behave.

Creating a physical picture of how we respond—cognitively, emotionally, and physically—can help us understand why we behave as we do.

Identifying patterns in our reactions and behavior can help us recognize opportunities to change unhelpful beliefs, thoughts, and automatic psychological processes.

Print out this worksheet and use the diagram while thinking of a difficult situation that you faced recently.

Scribble or draw pictures beside each label to capture the impact of the event on each element. Ask yourself:

- What can I learn from my thoughts, behavior, physical sensations, and emotions?
- Were they justified, rational, or appropriate?
- If not, what could I change?

