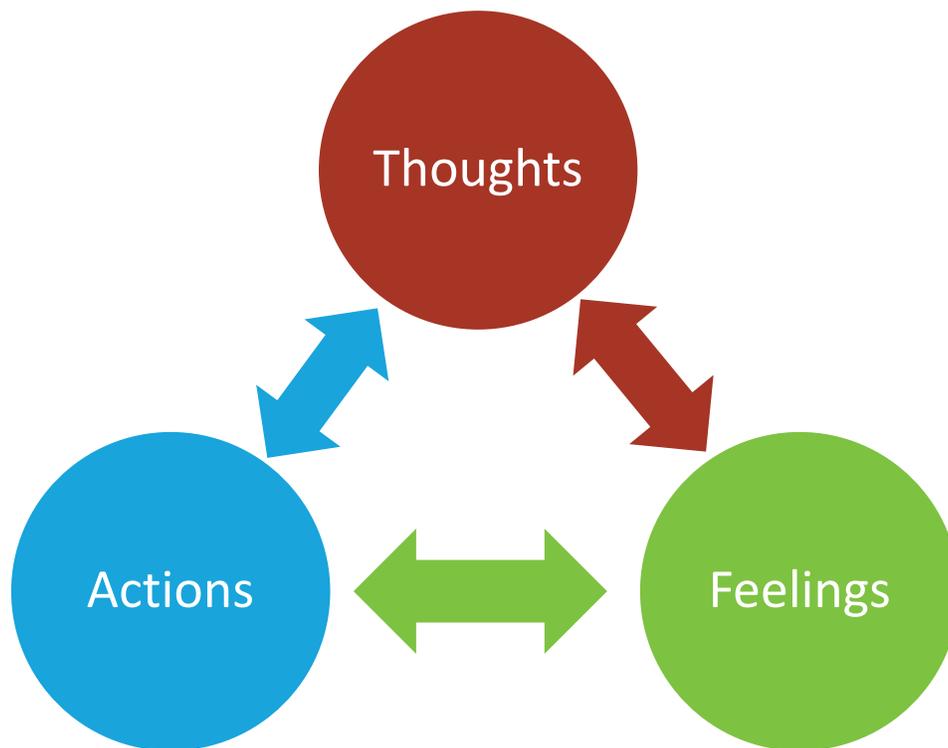


The Thoughts-Feelings-Actions Cycle

A situation arises and we have thoughts about the facts of that situation.



The feelings we have will influence our behaviors, which will in turn impact the situation either positively or negatively.

The thoughts we have about a situation will trigger certain feelings or emotions. These can be positive or negative emotions.