






THOUGHTS, FEELINGS, BEHAVIOURS CYCLE RECORD



Thoughts, feelings, sensations, and behaviours are all interlinked. We have the power to break the chain of negativity and retrain the brain to go from an unhelpful to a helpful cycle. This workshop will help you to start to become aware of limiting aspects, and enable you to make transformative change.

Situation/event 	Feelings* 	Thoughts 	Physical reactions 	Behaviours 

*Rate moods 1-10