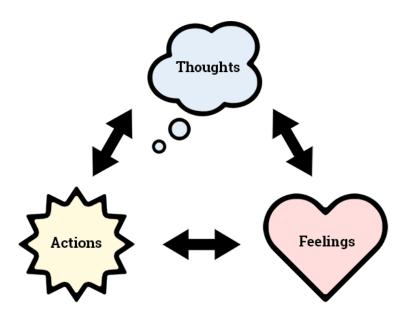# Thoughts Feelings Actions

Everyone has problems, both big and small. To better solve your big problems, it helps to learn how your **thoughts**, **feelings**, and **actions** are connected.

Imagine you have an upcoming test, and you think "I'm going to fail". Because of this thought, you start to worry. You are so worried that you feel sick just thinking about the test. Because it's so uncomfortable, you decide not to study.

The thought ("I'm going to fail") led to a feeling (worry), which led to an action (not studying). What might have changed if you had a different thought?

Thoughts are the words that run through your mind. They're the things you tell yourself about what's going on around you. There are many different thoughts you could have about a single situation.
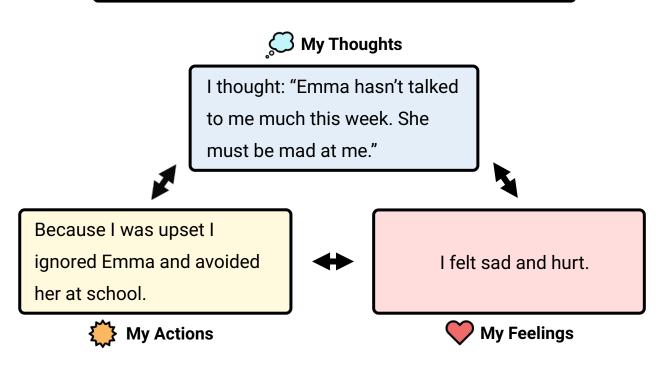
Feelings come and go as different things happen to you. You might feel happy, angry, and sad, all in one day. Some feelings are uncomfortable, but they are not bad. Everyone has these feelings from time-to-time.

Actions are the things you do, or the way you behave. Your thoughts and feelings have a big impact on how you act. If you feel happy, you are likely to do nice things. But if you feel angry, you might want to act mean.
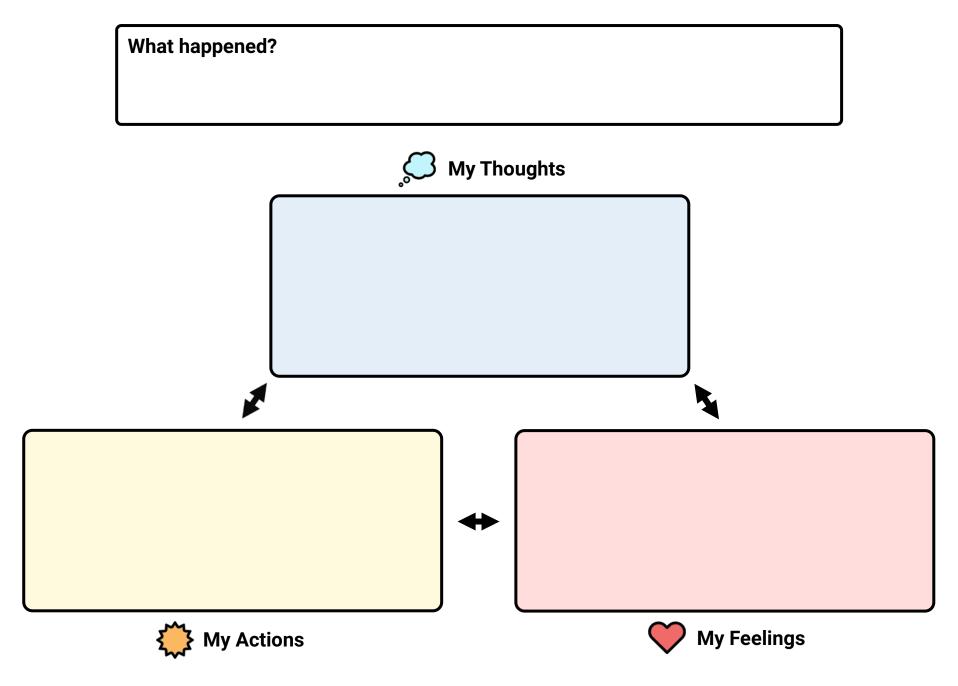
Thoughts Feelings Actions

What happened?
My friend Emma hasn't spoken to me as much as usual over the past week.

💭 **My Thoughts**

I thought: "Emma hasn't talked to me much this week. She must be mad at me."

My Actions ⭐

Because I was upset I ignored Emma and avoided her at school.

I felt sad and hurt.

❤️ **My Feelings**

Just because you have a thought doesn't mean it's true. Your thoughts are *guesses* about why something happened, or about something that might happen. Coming up with new thoughts will help you see a situation differently.

	💭 New Thoughts	❤️ New Feelings	⭐ New Actions
1	"Emma might be upset with me, but maybe not. I don't know."	Concerned that Emma *might* be upset, but I'm not as sad as I was.	Ask Emma if she is mad at me, or if she has another problem.
2	"Emma has probably been busy with school or something else."	Disappointed I haven't talked to Emma, but understanding.	I'll stay friendly with Emma, as usual. I'll be sure to say "hi" anyway.
3	"Maybe Emma is upset about something unrelated to me."	Worried about how Emma is feeling.	Ask Emma what's going on, and if she needs help.

Thoughts Feelings Actions

What happened?

☁️ **My Thoughts**

⭐ **My Actions**

❤️ **My Feelings**

Thoughts Feelings Actions

	🗨️ **New Thoughts**	❤️ **New Feelings**	✴️ **New Actions**
1			
2			
3			