

How Behavior Impacts Thoughts

Why Behavior Matters

What you **do** affects how you **think and feel**.

- Sometimes, avoiding something keeps an unhelpful thought alive.
- Taking action can help you see things differently.

Example

Situation: You're invited to a party.

- **Behavior 1 (Avoid):** You decide not to go.
 - **Thought:** "I'm not good socially."
 - **Feeling:** Lonely, left out.
- **Behavior 2 (Approach):** You decide to go.
 - **Thought:** "It wasn't so bad, I can handle this."
 - **Feeling:** More confident, connected.

The behavior you choose changes the way you think about yourself.

Practice:

Think of a time when your behavior affected your thoughts.

- **Situation:** _____

Option A – What you did (or avoided):

- **Resulting Thought:** _____
- **Feeling:** _____

Option B – What you could do differently:

- **Possible New Thought:** _____
- **Possible New Feeling:** _____

Reflection

- How do your actions sometimes make a thought stronger?

- What small action could you try next time to test out a different thought?
