



## 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?  
✎ \_\_\_\_\_