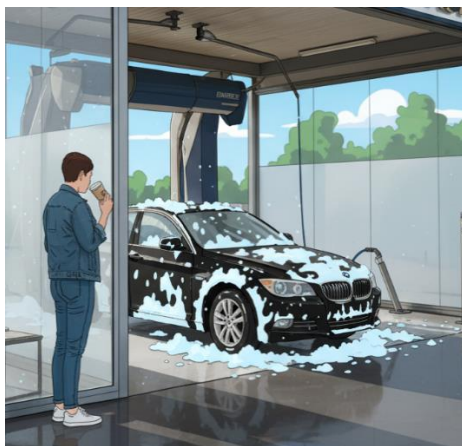# How Thoughts Impact Behavior

Why Thoughts Matter

The way we **think about a situation** changes how we feel and what we do.
The *same event* can lead to very different behaviors depending on the thought we have about it.

Example: The Car Wash Story

Situation: A person is waiting while their car is being washed.

1. **Thought:** "This is such a waste of money."
   o **Feeling:** Annoyed, frustrated.
   o **Behavior:** Leaves irritated, complains.
2. **Thought:** "I'm glad my car will look clean."
   o **Feeling:** Satisfied, calm.
   o **Behavior:** Waits patiently, feels good afterwards.
3. **Thought:** "People must be judging my old car."
   o **Feeling:** Embarrassed, insecure.
   o **Behavior:** Looks down, avoids eye contact.
4. **Thought:** "This is a chance to relax while I wait."
   o **Feeling:** Relaxed, content.
   o **Behavior:** Enjoys the break, maybe reads or listens to music.

Same car wash, four very different outcomes.

Think of a time when one situation could be seen in different ways.

- **Situation:** _____

Now, write **two different thoughts** you could have about it:

1. **Thought:** _____
   o **Feeling:** _____
   o **Behavior:** _____
2. **Alternative Thought:** _____
   o **Feeling:** _____
   o **Behavior:** _____
3. Which thought felt **more helpful**? Why?
   _____
4. What does this show you about the power of your thoughts?
   _____