

Thoughts, Feelings & Behaviour Cycle

Worksheet: This worksheet shows how your thoughts, emotions and actions are linked and influence each other



Brain
Connect

This useful worksheet illustrates how your thoughts, emotions, and actions are connected in a cycle where each part affects the other.

For instance, if you think you'll do great in a presentation, that thought makes you feel calm and prepared, encouraging you to practice more and boosting your confidence.

It helps you understand how your mind works and how your thoughts and feelings influence your behaviour, allowing you to understand why you act the way you do.

Use the cycle below to work through a situation or event you've got coming up.

