



'I think = I feel = I do' (A CBT handout)

Do *thoughts* cause *feelings* which cause *behaviours*?

Check out these examples, and think about your thinking – if distorted thoughts and beliefs cause upset which causes self-sabotaging, it would make sense to 'undistort' them, wouldn't it? That's CBT.

I think....

I feel...

I do...

<p>I'm no good at talking to people.</p>	<p>Anxious, worried, edgy and angsty.</p>	<p>Go quiet – can't focus, listen properly, or interact.</p>
<p>Nobody likes me.</p>	<p>Depressed</p>	<p>Isolate and stay at home alone. Avoid people.</p>
<p>She is an evil bitch.</p>	<p>Rage.</p>	<p>Trash-talk her. Text her a long rant about what I think of her.</p>
<p>I can't cope!</p>	<p>Anxious, depressed</p>	<p>Procrastinate, seek excessive reassurance.</p>

<p>He is out to get me!</p>	<p>Angry</p>	<p>Go on and on about it to others. Lash out, vent & plot & obsess.</p>
<p>I'll never be in an intimate relationship.</p>	<p>Sad, hopeless</p>	<p>Overthink. Avoid dating opportunities, what's the point?</p>
<p>People are horrible.</p>	<p>Angry and frustrated.</p>	<p>Aggressive, think the worst of others. Snippy & snappy.</p>
<p>I never get things right.</p>	<p>Anxious, angry.</p>	<p>Procrastinate and stay in unsatisfactory conditions.</p>
<p>Get it? Map your own bad habit thinking here...</p>		
		