

HANDOUT 4E

Thoughts, Feelings, and Actions

In the “Situation” box below, write down a recent difficult or stressful situation. In the “Thoughts” circle, write down some thoughts you had during or immediately following the situation. In the “Feelings” circle, write down how you felt. In the “Actions” circle, write down what you did in response to your thoughts and feelings. How do you think your thoughts, feelings, and actions influenced each other?

