

Thoughts Feelings Actions

What happened?

My friend Emma hasn't spoken to me as much as usual over the past week.

My Thoughts

I thought: "Emma hasn't talked to me much this week. She must be mad at me."

Because I was upset I ignored Emma and avoided her at school.

My Actions

I felt sad and hurt.

My Feelings

Just because you have a thought doesn't mean it's true. Your thoughts are *guesses* about why something happened, or about something that might happen. Coming up with new thoughts will help you see a situation differently.






New Thoughts



New Feelings



New Actions

	 New Thoughts	 New Feelings	 New Actions
1	"Emma might be upset with me, but maybe not. I don't know."	Concerned that Emma <i>might</i> be upset, but I'm not as sad as I was.	Ask Emma if she is mad at me, or if she has another problem.
2	"Emma has probably been busy with school or something else."	Disappointed I haven't talked to Emma, but understanding.	I'll stay friendly with Emma, as usual. I'll be sure to say "hi" anyway.
3	"Maybe Emma is upset about something unrelated to me."	Worried about how Emma is feeling.	Ask Emma what's going on, and if she needs help.

Thoughts Feelings Actions

What happened?



My Thoughts



My Actions



My Feelings

Thoughts Feelings Actions



New Thoughts



New Feelings



New Actions

	New Thoughts	New Feelings	New Actions
1			
2			
3			