

Understand the link between thoughts and behaviour. This activity helps you to identify and illustrate the interaction between thoughts and the actions, as well as to analyse the feelings and emotions that affect your behaviour.

Fill in The Diamond:

What is the situation? Every situation that you are experiencing has an effect on your thoughts, feelings, bodily sensations, behaviours. The way you face situations may influence your decisions.

- What went through your mind? (thoughts)
- How did it make you feel? (feelings/emotions)
- What was your physical sensation response? (sensation)
- How did it make you act? (behaviour)

Situation:

