

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

Situation:

