

HANDOUT 14C The Diamond of Negative Thoughts - Consequences



The way we perceive a given situation determines the way we feel. If we change the way we think, the feelings will change as well. The way we think determines our behaviour. If you change the way you think, then you can change your behaviour. Sometimes we exaggerate the importance of a situation that creates negative consequences and holds us back from acting

Based on **The Diamond of Negative Thoughts** look at the consequences based on the scenario you presented in the diamond.

Fill in the table below based on the negative event you described, what were the consequences for you or your surroundings and what were the beliefs that you have about yourself that could have derived from this.

Negative event:	
Consequences (what were the consequences for you or your surroundings?)	
Core belief (What do I tell myself?)	

