

Explanation of the steps in 'The Diamond'

Use this table to explain the relation of the relation between the event or situation and the thoughts, emotions, sensation and behavioural response.

Explanation of the steps in The diamond	
The situation that you are experiencing has an effect on your: Every situation that you are experiencing has an effect on your thoughts, feelings and emotions, physical sensations and behaviours. The way you face situations may influence your decisions.	
Thoughts	The thoughts reflect the way in which we interpret and think about a situation and have a major effect on the way we feel and act. The thought that goes through my mind (how do I understand the situation).
Feelings/Emotions	Happy, angry, surprised, sad, and nervous. Emotions are not based on logic but are influenced by thoughts and core beliefs. Note: For more information about the concept of emotions go to the supporting information about Emotions in the Dimension Transitional skills.
Physical sensations	The way we think has an effect on our physical reaction-sensations: Stomach ache, "butterflies", hot-flushes, heart-palpitations, calmness, insomnia.
Behaviour or actions	Behaviour is the outwards response or action to an event.

The next step will be to explain the consequences of the action to the situation and the core belief of the thought related to the situation.

What are the Consequences of your behaviour	The result of your thoughts, emotions, and your response to the event. The way you face situations may influence your decisions.
Core Beliefs	The basic assumptions control your thoughts, which control the feelings. This could be your values.

EXAMPLE 1

How positive thinking or appropriate thinking can affect one's behaviour, and the basic assumptions and core beliefs.

Appropriate positive thoughts can help you reach your goal, take responsibility for your actions and life and make you aware of more opportunities.

Writing down your automatic thoughts and core beliefs make it easier for you to get a handle on them, and then to review them from an outsider's perspective rather than your own.

The situation/event: Your teacher or employer gives you a task	
Thought	Oh, that is interesting! Yes, everything is going to be all right.
Emotion	Excited
Physical sensation	Butterflies in the stomach
Behaviour/actions:	You accept the task
Consequences of the reaction to the situation and the core belief	
Consequence	You continue to pursue a successful career/do well in your education.
Core belief	I will do my best. Other people will have faith in me and help me if I need it. If I make a mistake, it's not the end of the world.

EXAMPLE 2

How negative thinking or inappropriate thinking can affect one's behaviour, and the basic assumptions and core beliefs.

Inappropriate thoughts negative automatic thoughts, negative or irrational thinking, and interpretations can be barriers to reaching goals, solving different tasks and thus causing the person in question to thrive less optimally.

Negative thinking or inappropriate thinking can affect one's behaviour. The basic assumptions can control thoughts which control the feeling.

The event: Your teacher or employer gives you a task	
Thought 'Automatic'	Oh no, I can't do this task. I don't have the competence to solve this, this is too much for me, I can't succeed with this task
Feeling	Insecure /nervous/ overwhelmed
Physical sensations	Stomach ache, tense
Behaviour/reactions:	You stop doing whatever you are doing/ reject the task
Consequences of the reaction to the situation and the core belief	
Consequence	You don't advance in education /career
Core Belief	I am a failure ... I'm not brave ... People can't count on me

The last step challenges core beliefs and thoughts by asking the right questions using a list of disputations. See PART 3