



## Unintentional Thought Pattern

The Think, Feel, Act Cycle\*

Circumstance: \_\_\_\_\_

\_\_\_\_\_

Thought: \_\_\_\_\_

\_\_\_\_\_

Feeling: \_\_\_\_\_

\_\_\_\_\_

Action: \_\_\_\_\_

\_\_\_\_\_

Result: \_\_\_\_\_

\_\_\_\_\_

## Intentional Thought Pattern

The Think, Feel, Act Cycle\*

Circumstance: \_\_\_\_\_

\_\_\_\_\_

Thought: \_\_\_\_\_

\_\_\_\_\_

Feeling: \_\_\_\_\_

\_\_\_\_\_

Action: \_\_\_\_\_

\_\_\_\_\_

Result: \_\_\_\_\_

\_\_\_\_\_