



When the Thought Is the Problem Worksheet

The Think, Feel, Act Cycle*

What is the negative **thought** you keep thinking? _____

What **feeling** does this thought cause you? _____

How do you **behave** when you feel this way? _____

What is the **result** of this action? _____

How does the result prove the original thought? _____

What is a better **feeling** thought that is believable to you? _____

Use the questions above to fill in the unintentional thought pattern worksheet.



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: _____
