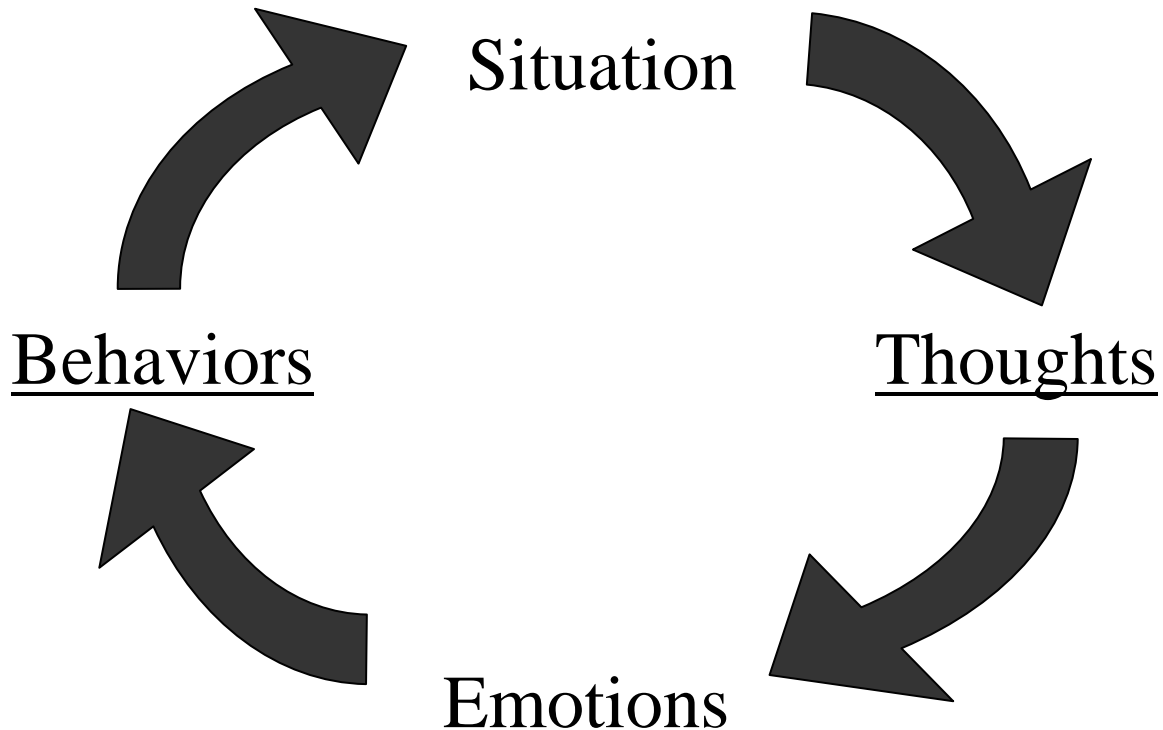


The Cognitive Behavioral Theory Cycle



The Cycle:

- Situations evoke thoughts.
- Our thoughts determine how we feel (emotions).
- Emotions in turn affect how we behave.
- How we react will then impact our situation; in short the right behaviors will lead to improved situations, the wrong behaviors will make a situation worse.

How to create change in the cycle:

- 1) Both thoughts and behaviors are under our direct control:
 - Behaviors are directly under our control; ultimately we can choose to act one way or another.
 - With a little bit of work, we can learn to identify and change thoughts as well.
- 2) To change our emotions we need to change how we think about a situation. Change your perception and you will change your feelings.
- 3) We change our situations through our actions – our behaviors allow us to indirectly change situations.