

Behavior-Thought Connection Worksheet

This worksheet helps you explore how your thoughts influence your behaviors and emotions, promoting self-awareness.

Example:

- Trigger: I didn't understand a task at work.
- Thought: 'I'm not smart enough for this job.'
- Emotion: Anxiety, shame.
- Behavior: Avoided asking for help and procrastinated.
- New Thought: 'It's okay not to know everything. I can ask for clarification.'
- New Outcome: Feeling confident and productive after seeking help.

Instructions:

1. Identify a recent situation where you felt upset, anxious, or frustrated.
2. Break the situation down into:
 - Trigger: What happened to start the reaction?
 - Thoughts: What went through your mind?
 - Emotions: How did you feel?
 - Behavior: What did you do?
3. Reflect on how changing your thoughts could lead to a different emotional and behavioral outcome.

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Your Situation:

Trigger (What happened?):

Thoughts (What went through your mind?):

Emotions (How did you feel?):

Behavior (What did you do?):

New Thought (How can you reframe this?):

New Outcome (How could this change your emotions and behavior?):