

Breaking the Cycle

UNDERSTANDING HOW THOUGHTS, EMOTIONS, AND BEHAVIORS WORK TOGETHER

Our inner experience is connected.

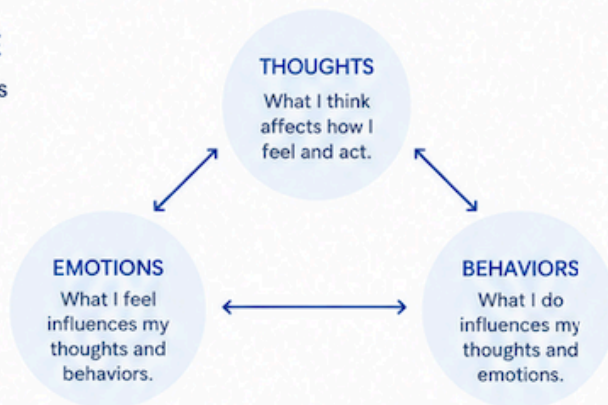
The way we think, feel, and act all influence one another.
When one part of the cycle shifts, the others often change too.

This worksheet can help you notice the patterns that keep you stuck—and identify where you can create new ways of responding.

1. THE COGNITIVE TRIANGLE

Our thoughts, emotions, and behaviors constantly influence one another.

When one part changes, the others often change too.



KEEP IN MIND

There is no “right” or “wrong” way to think, feel, or behave.

This is about understanding your unique patterns so you can respond in ways that support you.

2. NOTICE THE PATTERN

Think of a recent situation that was hard or left you feeling stuck. Use the prompts below to reflect on the cycle.

WHAT HAPPENED?	→	WHAT THOUGHTS SHOWED UP?	→	WHAT EMOTIONS DID YOU NOTICE?	→	WHAT DID YOU DO NEXT?
What was the situation?		What went through your mind?		What did you feel?		What actions or behaviors did you take?

3. WHERE COULD YOU INTERRUPT THE CYCLE?

You don't have to change everything at once. Often, the biggest shift comes from changing just one part of the cycle.

THOUGHT	EMOTION	BEHAVIOR
Is there another way to understand this situation? What might be a more helpful or balanced thought?	What might this feeling be trying to tell me? How could I show myself compassion right now?	What's one small action that would move me toward the person I want to be?

4. ONE SMALL NEXT STEP

What's one thing I could do today that my future self would appreciate?

REMEMBER

Small shifts create meaningful change over time.