

Cognitive Reframing and Adaptive Thinking

As you observed from the first imagery exercise, our thoughts create strong feelings and sensations.

Let's look at the diagram below. You can see that what we **think** about a situation affects how we **feel**. How we **feel** affects what we **do in response** to the situation, and what we **do** affects how we **think** and **feel** about it. Sometimes that results in doing something that is unhelpful or opposite of your goals. This is a cycle that only you can alter by changing your thoughts about the situation.

Example:

