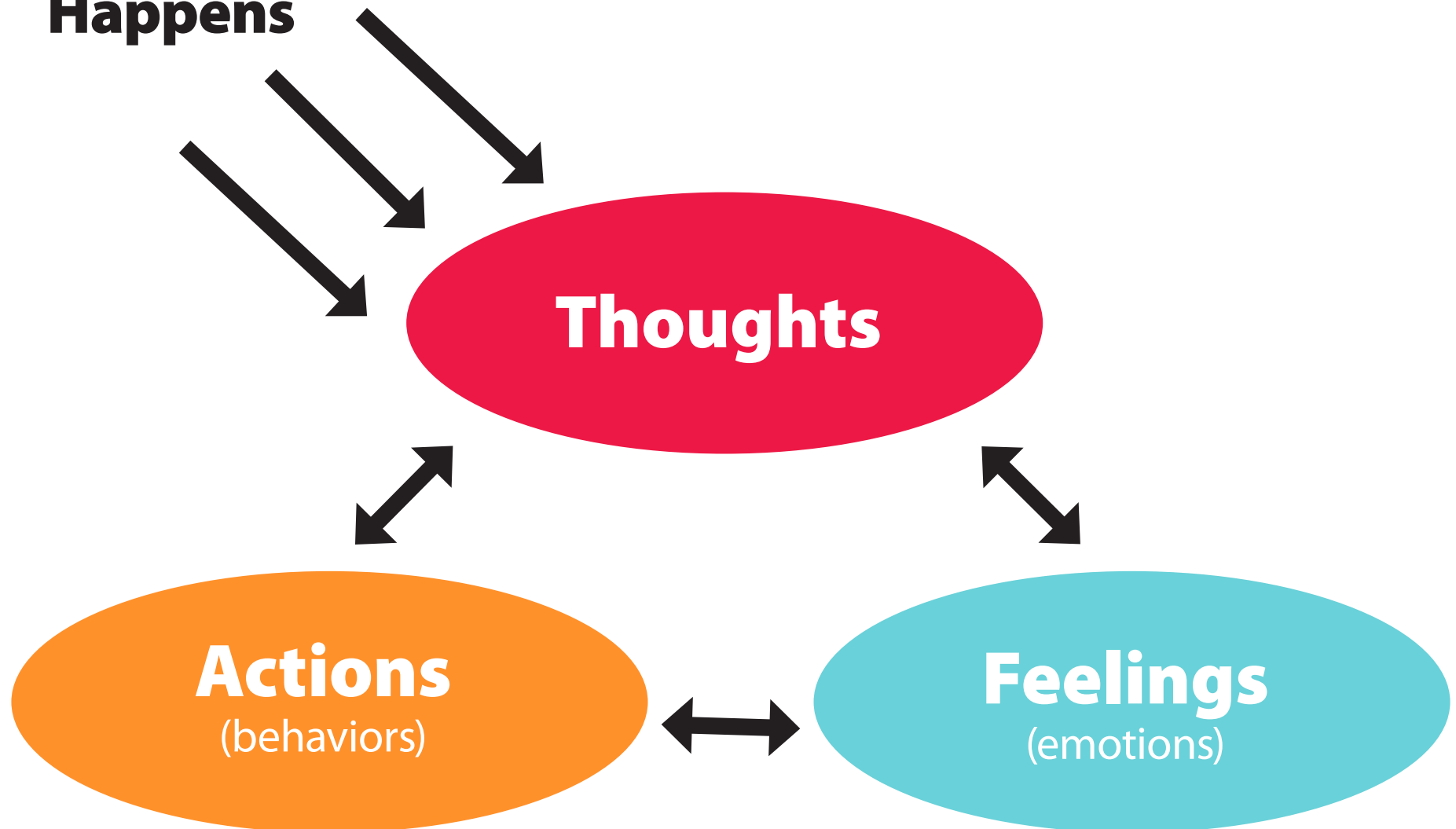


2.3.1

CONNECTING

Thoughts - Feelings- Actions Triangle

**Something
Happens**



What?

How do thoughts and emotions often lead to actions?

So what?

How can you use this knowledge to better understand your own and others' emotions?

Now what?

How can you use your values to think about events differently and act more responsibly?