

Name: _____

2.3

PRACTICING

The Thought, Feelings, Actions Connection

Working with your small group, decide the thoughts and feelings and behaviors you might have in each of the following situations. Record those in the top row. In the bottom row record alternative thoughts that may lead to a less negative emotion and action. Remember, sometimes the most appropriate thing is to take no action at all.

SOMETHING HAPPENS	→ THOUGHTS	→ FEELINGS	→ ACTIONS
1 When crossing the street in front of the school a driver almost hits you.			
2 You are passed over for first string on your team.			
3 You're at a party or school dance and you see someone else talking with a girl or boy you like.			
4 Your closest friend starts to hang around a lot with other people as well as you.			
5 You worked very hard on a school project and only receive a B-.			
6 A group of kids walks by and glares at you as they pass.			