Everyone has problems. Some are big and some are small. To better solve your big problems, it’s a good idea to learn about how your thoughts, feelings and actions are all connected.

Imagine you have a test at school the next day and you think to yourself ‘I am going to fail.’. This thought causes you to worry. The worry leads to the action that you start to feel sick. Because you feel sick, you don’t feel like studying for the test.

**Thoughts:** Are the words that run through your mind.

**Feelings:** Are the things you feel, like happy, sad, angry, worried. Sometimes you can feel more than one thing at a time. All feelings are okay to feel. Everyone experiences all feelings at one point or another.

**Actions:** The things you do or the way you act or behave. Your thoughts and feelings impact how you act.
Fill in the boxes below. Consider the following as you fill them in:

- What thoughts ran through your head during the situation?
- What feelings did you experience? There might be more than one.
- What actions did you do? How did you act or talk?

Now, let’s look at the thoughts that you had. When you have time to think about them, do they still seem true? Could you change the thoughts? If you change the thought, how does it impact how you feel and how you act?

New Thought

New Feelings

New Actions