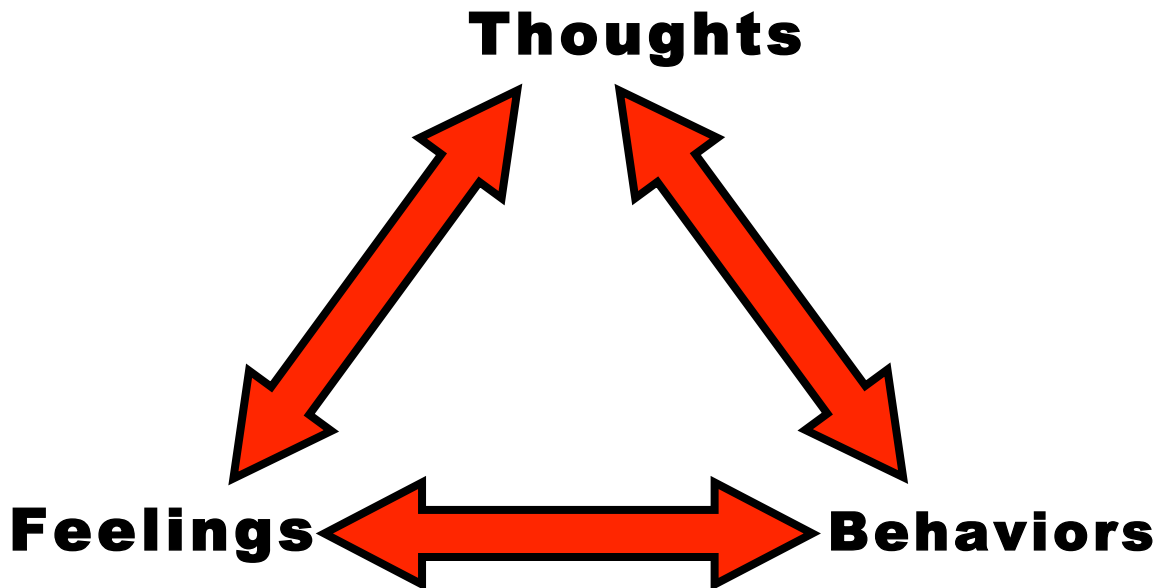


The Thought-Feeling-Behavior Cycle



The arrows above are meant to suggest CAUSATION among our thoughts, feelings and behaviors. So, we are not only saying our thoughts impact on our feelings, but that our feelings also impact on our thoughts, and so on.

Example: George: Nice tie, Ron.

Ron: Thanks!

{Ron THINKS/INTERPRETS George's words to be a compliment and he therefore FEELS good. In those FEELING and Thought states, he's more likely to BEHAVE in positive ways.

BUT, we can take the *same* scenario and say that Ron COULD THINK/INTERPRET George's comment to be sarcastic and critical and belittling. As a result of that, Ron would be more likely to FEEL angry and insulted and in *those* THINKING and FEELING states, Ron is more likely to BEHAVE in negative ways}