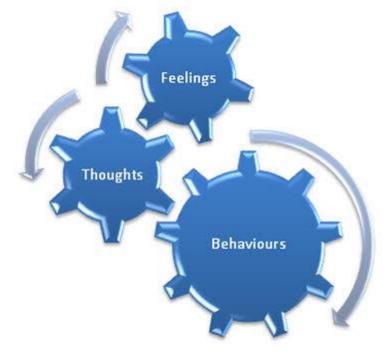
Thoughts/Feelings/Behaviour

The first thing to pay attention to is how your thoughts, feelings and behaviour are linked, like cogs in an engine:



Each 'cog' might be the most noticeable first, for instance:

"Here we go again she's always on at me?" (**Thought**) \rightarrow Tell her to shut up! (**Behaviour**) \rightarrow feel satisfied (**Feeling**).

Feel trapped (*Feeling*) → Walk to a different room and ignore partner (*Behaviour*) → "If she complains – that's it!" (*Thought*)

Stomp about the house banging things (**Behaviour**) \rightarrow afterwards, feel stupid (**Feeling**) and depressed (**Feeling**) \rightarrow "I hate myself" (**Thought**), "what's wrong with me?" (**Thought**)

TOP TIP: When you experience an abusive thought, feeling or behaviour, make a note at that moment of the steps leading up to then. This will help expand your awareness of 'preparatory' thoughts etc