

## 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**) → Tell her to shut up!  
(**Behaviour**) → 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**) → afterwards, feel stupid (**Feeling**) and depressed (**Feeling**) → "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