

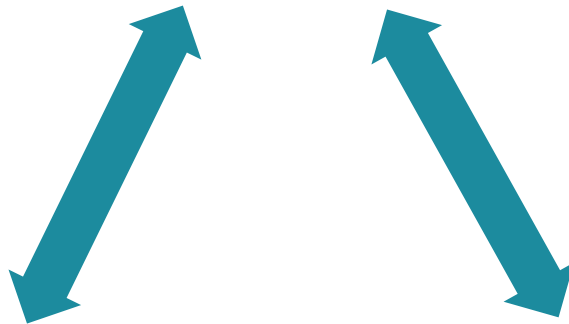
## ALTERNATIVE / HELPFUL THOUGHTS

**IF YOU WANT TO CHANGE YOUR ACTION/BEHAVIOUR, YOU HAVE TO  
CHANGE YOUR THOUGHTS**

**TRIGGER/SITUATION:** Coming home from work in the evening

### ALTERNATIVE THOUGHT

I had a stressful day, I would like to get a take away but I know it will only satisfy me for a short period and it will make me feel bloated and I will regret it in the morning



### Action (Behaviour)

Do an activity that will help you deal with stress, which you have worked out in advance



### Feeling

relaxed, proud, confident

**AS YOU CAN SEE, THE THOUGHT CHANGES AND AS A RESULT THE ACTION  
AND FEELING ALSO CHANGED.**

**THIS IS HOW WE FUNCTION AS HUMAN BEINGS.**

