

## THOUGHTS – FEELINGS-BEHAVIOUR CIRCLE

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

## **Thought**

I had a stressful day, I deserve a take away...

I have been good all week, now I deserve...



## **Action (Behaviour)**

Pick up the phone and order take away

Reach for food or drink not planned

Feeling
Feeling
Dissappointed
angry

annoyed

NOTICE HOW YOUR THOUGHTS-FEELINGS-ACTION ARE ALL CONNECTED

