

## The triangle of feelings, thoughts and actions

The triangle below illustrates the way in which how we think, feel, and behave all influence one another.

### Thoughts influence feelings

After studying hard, but doing poorly on a test, you think, "I'll never succeed at anything," which leads to feeling bad about your abilities as a student, or feeling hopeless about the future.

### Feelings influence actions

You feel hopeless about studying for the next exam, and dwell on your sad feelings. You then procrastinate studying and don't study hard, because you still feel so discouraged about your last exam.

### Actions influence thoughts

Your lack of studying for the next exam results in another poor grade. You think, "Here we go again. I don't know why I even keep trying. It's useless. I'm a failure."

### Thoughts influence feelings

A friend has to cancel their plans with you because they have a family obligation. You feel disappointed, which prompts you to think, "Maybe they just made up that excuse because they don't want to hang out with me."

### Feelings influence actions

You begin to think badly of your friend and recall times in the past when you haven't gotten along. When your friend calls to make plans, you get even by telling them that you have other plans (when you really don't).

### Actions influence feelings

Your friend accepts your excuse and doesn't appear to feel bad. You spend the day alone and convince yourself that your friend is probably having more fun without you. You feel lonely, sad, and disappointed.

