



# Mapping the Mind

Understanding the Cycle of Thoughts, Feelings, and Behaviors

## Thought → Feeling → Behavior Map

### Understanding Unhelpful Thinking Habits

#### Why This Matters:

Your thoughts, feelings, and behaviors are all intricately connected. A single thought can significantly shape how you feel and influence your actions. When your thoughts are unhelpful, they can trap you in a negative cycle.

### Thought → Feeling → Behavior Flowchart

#### What Happened?

Describe the situation:

#### What Was the Thought?

What went through your mind?

#### Identify the Thinking Trap

Which unhelpful thinking habit might be involved?

- All-or-Nothing Thinking
- Catastrophizing

- Mind Reading
  - Overgeneralization
  - Filtering
  - Personalization
  - “Should” Statements
  - Other: \_\_\_\_\_
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### **What Did You Feel?**

What emotions came up?

- Anxiety
- Sadness
- Anger
- Shame
- Frustration
- Other: \_\_\_\_\_

**Intensity (0–10):** \_\_\_\_\_

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### **What Did You Do?**

How did you respond or behave?

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### **Connect the Pattern**

Fill in the chain:

**Thought → Feeling → Behavior**

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### **Shift the Thought**

Rewrite the original thought into something more balanced:

**New Thought:**

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## **New Outcome**

If you believed this new thought...

- **How would you feel?**
  
- **What would you do differently?**

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## **Reflection**

What did you learn from this exercise?

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Change the thought → shift the feeling → change the behavior. Small mindset shifts can create powerful changes.

***“Awareness is the first step to change.”***

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