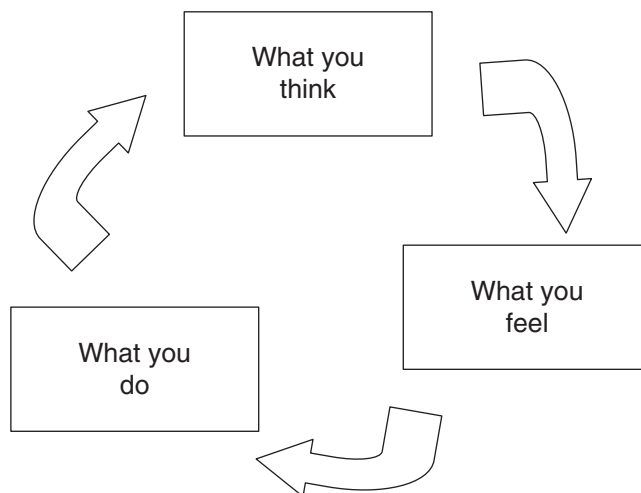


Cognitive behaviour approach – think, feel, do!

How do the links work?



Some examples:

Think →	Feel →	Do →
I'm useless at meeting new people.	I feel scared and nervous when I meet new people.	I don't talk to them and go quiet.
Nobody in my form likes me.	I feel sad and angry.	I avoid going out at break and start to bunk off school.
I'm rubbish at maths.	I feel dumb and fed up.	I stop trying because I know I'll get it wrong.

Statement: How you think about something can influence what happens.

Stop, think and reflect:

- Is this true?
- Can we change the way we think?
- Can we handle our problems differently to change how we feel and what we do?
- Can we gain more control over what happens to us in our lives?



Photocopiable:

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