

## Thoughts – Feelings – Behaviors

### Skills to Develop

#### Thoughts

- Be able to objectively observe and describe your thoughts
- Remember thoughts aren't facts
- Know how thoughts trigger feelings (*store example*)
- Be able to shift perspective (*the blind men and the elephant*)
- Be aware of and shift negative/critical/emotionally abusive self talk
- Notice where your mind goes and bring it back to the present moment
- To be more effective in the moment, accept reality and decrease shoulds and what-ifs (*acceptance is not approval*)

#### Feelings

- Increase emotion regulation skills = your ability to use emotions as a resource, instead of being controlled by them
- Be able to notice emotions without pushing them away or making them larger than useful
- Be able to objectively observe and describe your feelings
- Remember emotions are information not facts (i.e., fear, guilt, anger)
- Remember emotions are something you have, they are not who you are
- Notice and practice the emotions that you want to feel more often (i.e. gratitude, confidence, etc)
- Be able to sit with and accept some anxiety and other uncomfortable feelings
- Know the difference between pain versus suffering (decrease suffering)
- Increase distress tolerance skills (*Making it through Hard Times* workshop)

#### Behaviors

- Be able to choose your behaviors – Don't always let or wait for your emotions to make the choice
  - Create space between impulse and action, so you can make an effective choice
  - Behaviors can trigger emotions (exercise, studying, etc)
- Be able to take accountability = objectively observe your behavior and consequence and take responsibility for your part
  - Decrease roadblocks to accountability (shame, minimize, denial, blame)
- Choose behaviors consistent with the person you want to be - Move toward your ideal self (*mountain example*)