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 verses 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)

Rev June 2012