

Thought Patterns

(the connection between thoughts, feelings and actions)

According to the following model, the events in a person's life (A) result in thoughts or beliefs about the event (B), and those thoughts or beliefs result in emotions and actions (C):

Consider a situation that caused distress and answer the following questions:

A = Activating event

What happened?

B = Beliefs or thoughts

What were your thoughts about the event?

C = Consequence

What emotions did you feel? What did you do?

Evaluate the thoughts and beliefs described above.

What evidence do you have to support the thoughts/beliefs? Do they align with Scripture? Do they reflect a cognitive distortion? Would other people agree with the thought/belief?

If the evidence does not support the belief, it does not align with Scripture, or if you used a cognitive distortion, replace the thought.

Consider a new healthier thought, that can be used to replace the old one.

Find a thought with evidence to support it, that aligns with Scripture, and that does not reflect a cognitive distortion.

If you fully believed the new thought, how would you feel? What would you do differently?

See if you can find Scripture to support the new thought.