

# Thoughts, Feelings and Actions Workbook

A CBT workbook

By

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ELSA Support

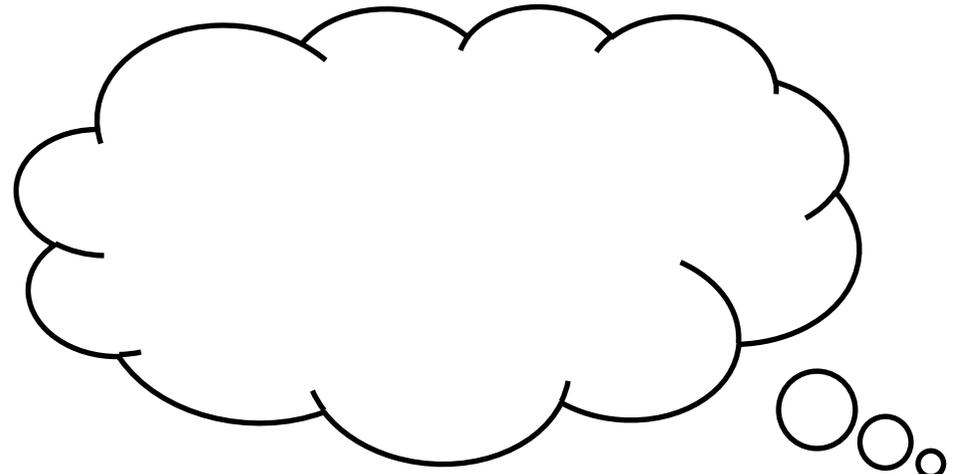
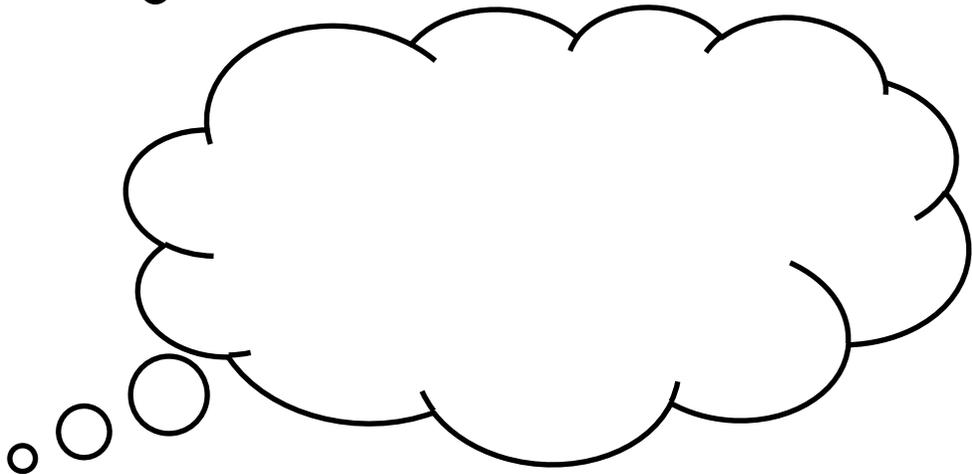
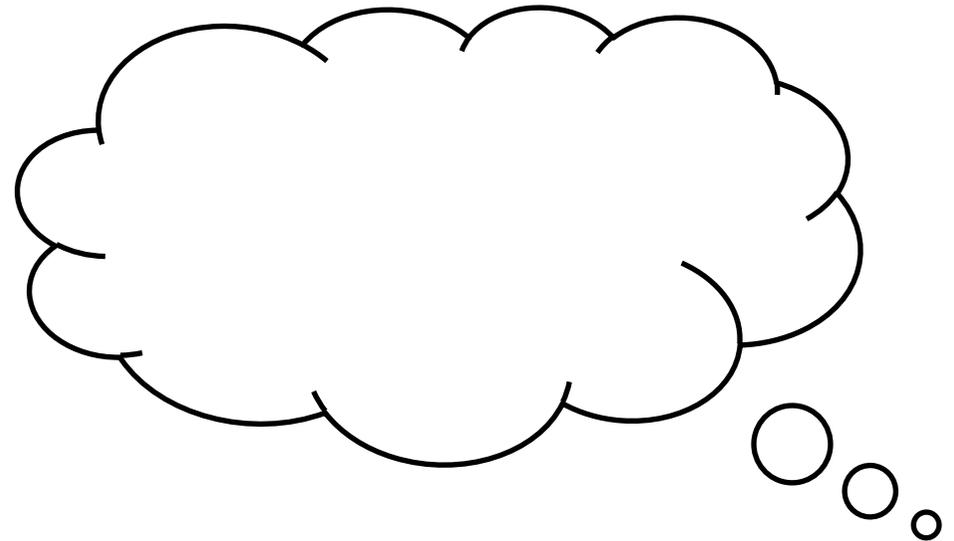
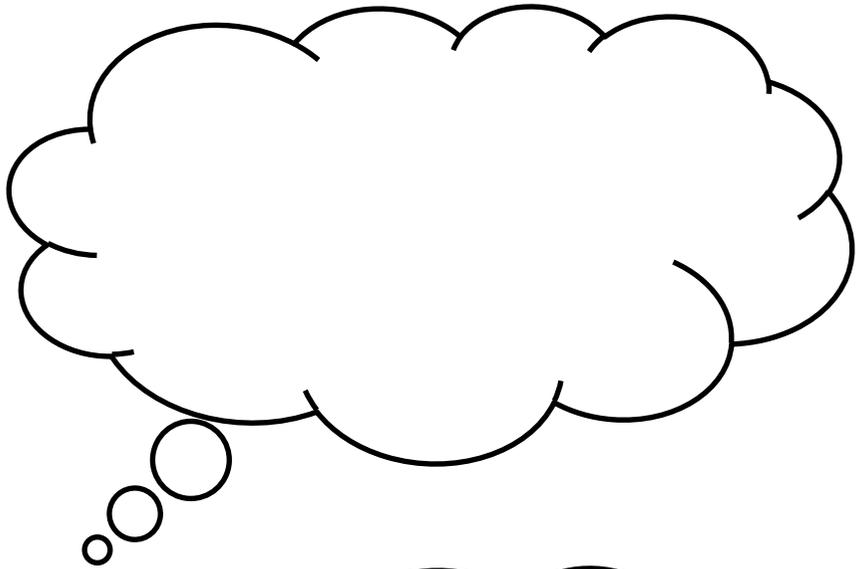




## Thoughts

These are ideas we have in our brains or heads. We talk to ourselves in our heads sometimes but not out loud. Our thoughts are private. Examples of thoughts would be 'I must go and tidy my room', or 'I must go and feed the dog', or 'I wonder if the teacher will tell me off', or 'I would really like to be friends with \_\_\_', 'It was all my fault!'

Write some thoughts that you have in the thinking bubbles below.

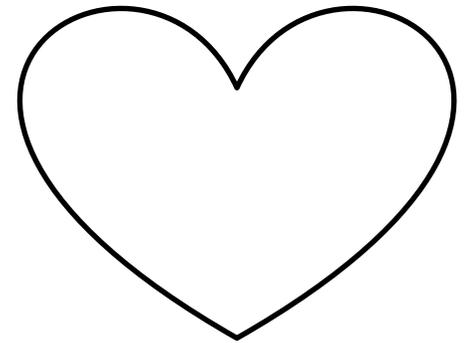
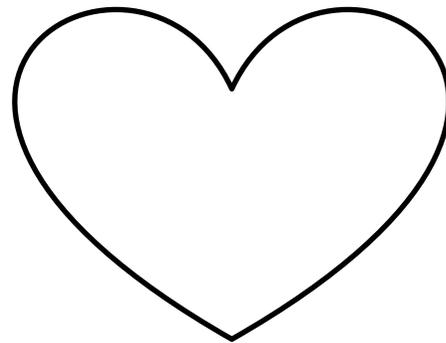
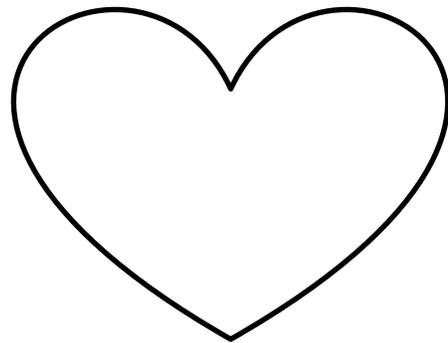
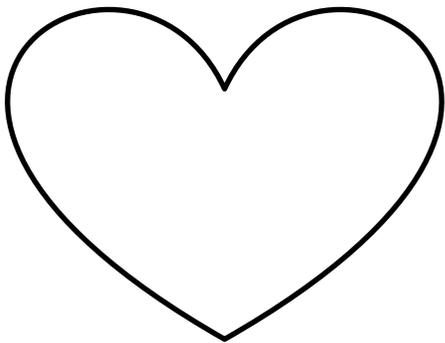
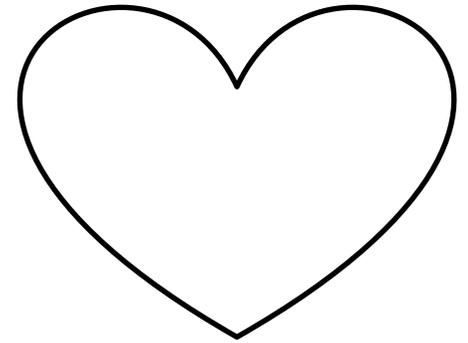
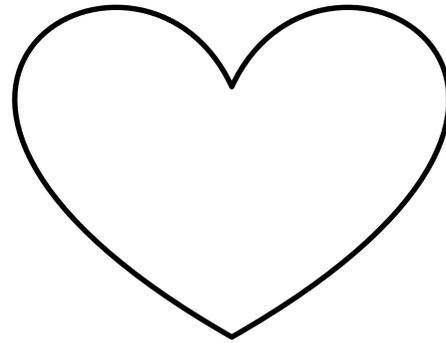
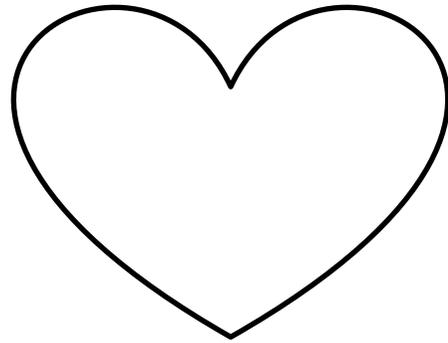
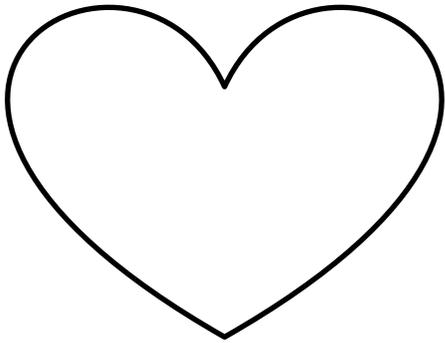




## Feelings

These are the emotions and sensations in our bodies and in our hearts. Everyone has feelings and we feel different things during the day according to what happens to us. You might feel happy if someone has pleased you or if something you have done has made you feel that way. You might feel sad if your pet dies or if someone says something mean to you.

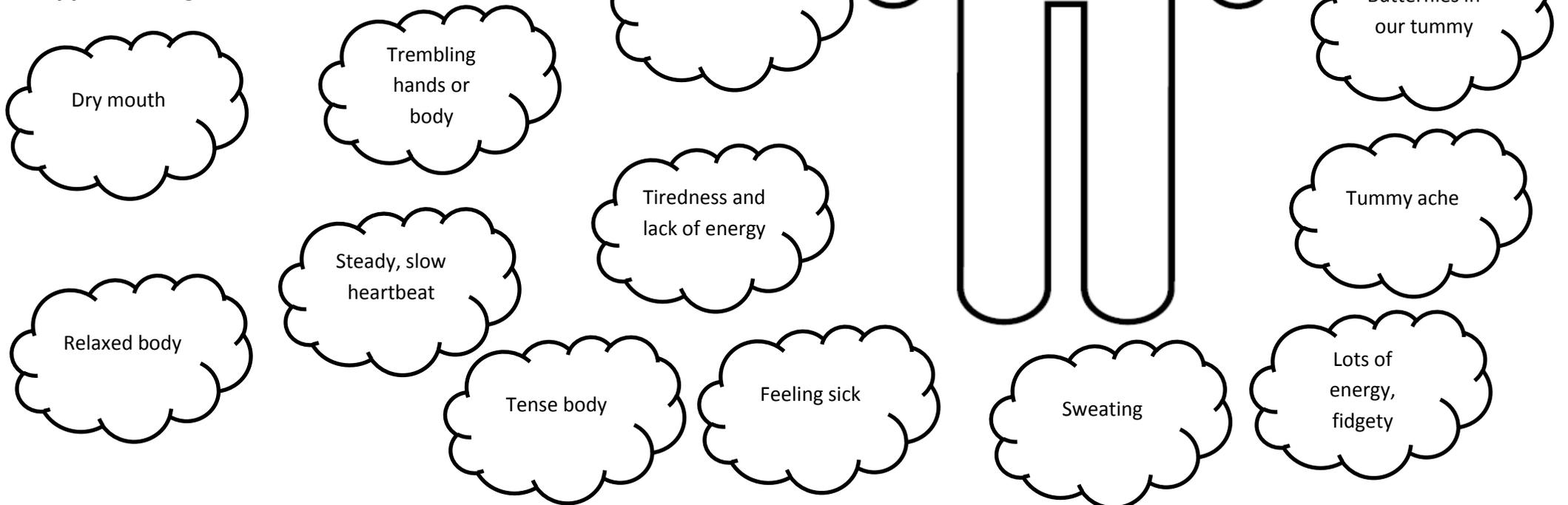
Write some feeling words below. One in each heart shape.



## Feelings causing things to happen to our bodies

When talking about emotions/feelings it is important to understand that things happen to our bodies unconsciously. Things like our faces might go red with embarrassment or our heart might beat faster because we are scared or worried. These are not actions. We don't consciously make our heart beat faster or our faces go red.

Colour in or tick each one that has happened to you.





## Actions

These are things we do with our bodies physically which includes speaking. We might go and feed the dog, we might go and tidy our room, we might hit or push someone, we might give someone a hug, and we might shout or say something mean.

Draw some actions, you can use stick people to do this, put one action in each box.




## Sort the thoughts, feelings and actions

Flashcard activities (Your adult will have printed and laminated these cards for you)

1. Sort the flash cards between the three columns. Do you know the difference between a thought, a feeling and an action?
2. Pick a thought and then a feeling it might cause and then an action. Do this several times.
3. Pick one of the thoughts and think of a situation that might cause that thought. Draw a comic strip to illustrate this making sure you include the feeling and the action. You can draw speech bubbles and thinking bubbles
4. Pick one of the feeling words and think of a situation that might cause that feeling. Draw a comic strip to illustrate this making sure you include the thought and the action. You can draw speech bubbles and thinking bubbles

5. Pick one of the action words and think of a situation that might cause that action. Draw a comic strip to illustrate this making sure you include the thought and the feeling. You can draw speech bubbles and thinking bubbles

6. Take out all the feeling words and read them carefully. Can you think of anymore feeling words? Use the blank cards to make some more.

7. Take out all the thought words and read them carefully. Can you think of anymore thoughts? Use the blank cards to make some more.

8. Take out all the action words and read them carefully. Can you think of anymore actions? Use the blank cards to make some more.

1. Sort the cards

Thoughts



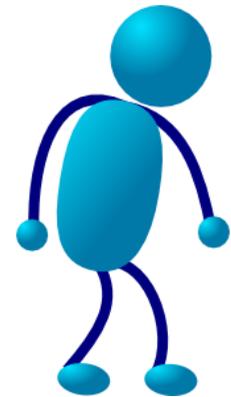
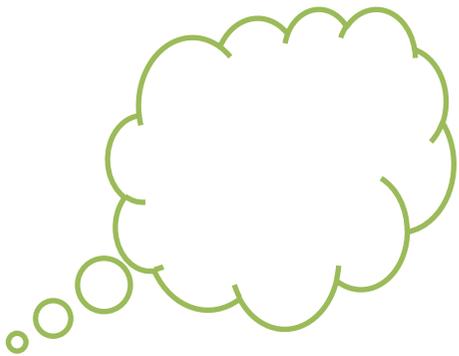
Feelings



Actions



2. Thought, Feeling, Action

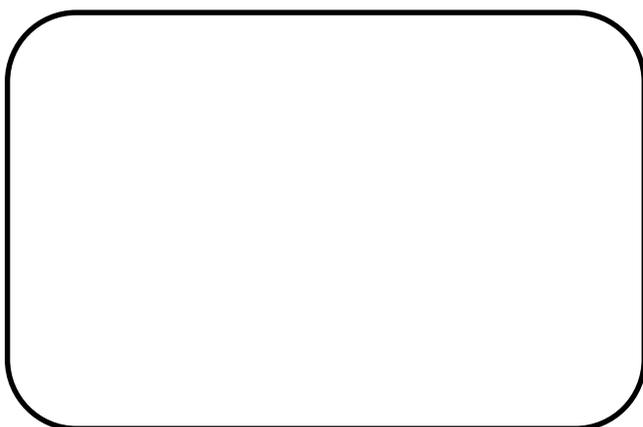
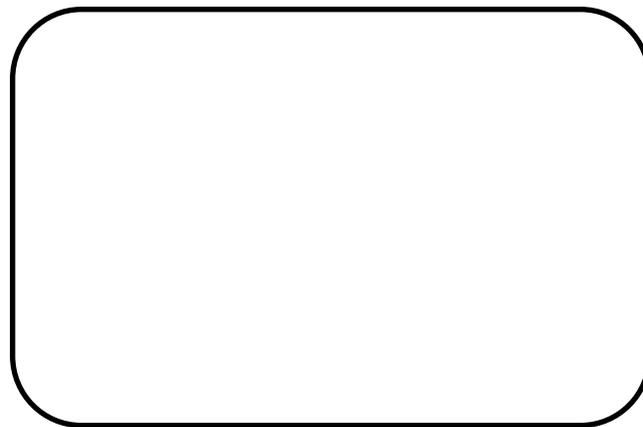
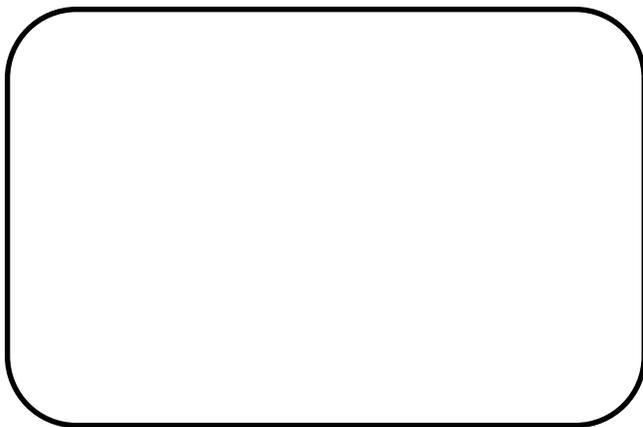


3. Comic Strip


4. Comic Strip

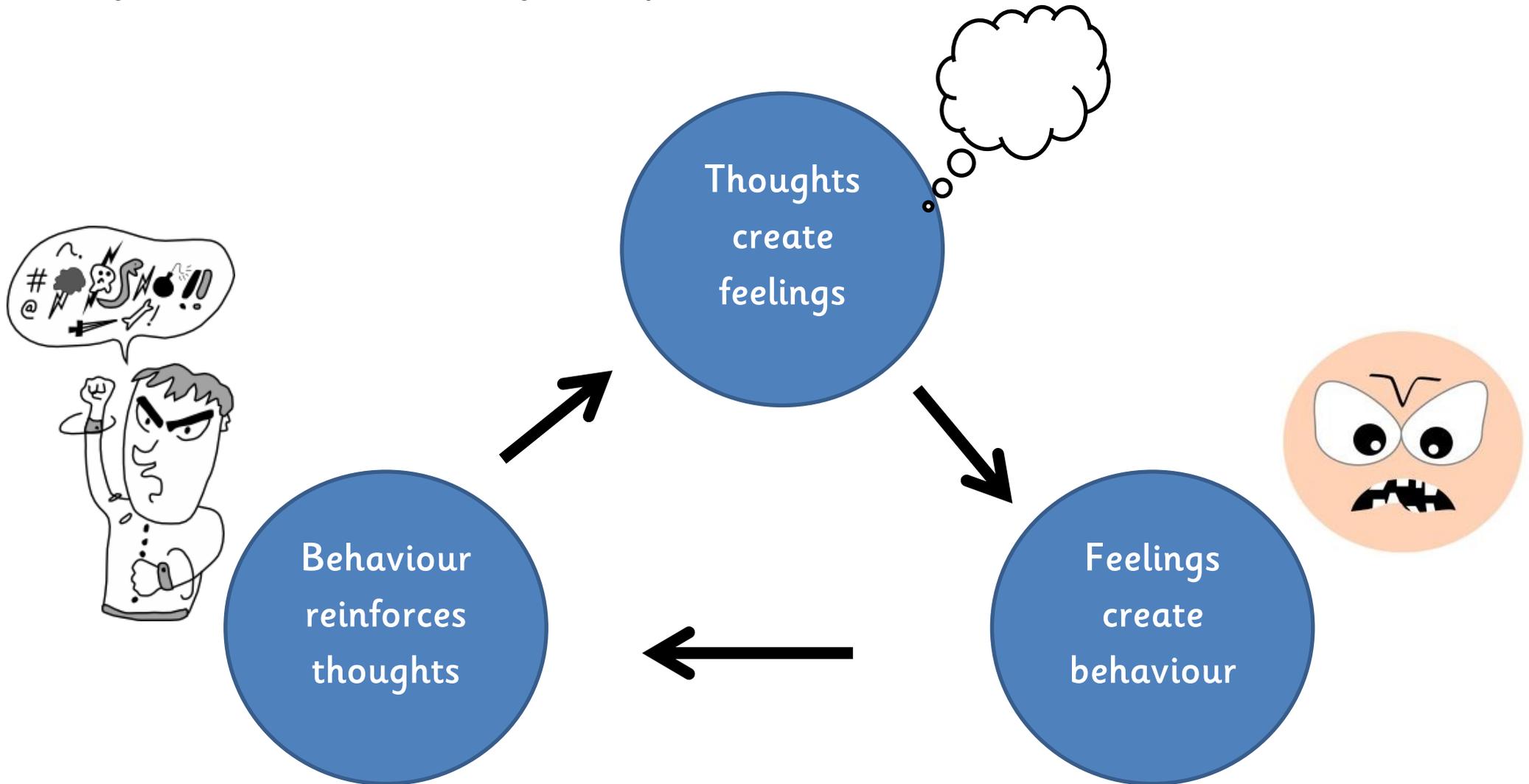

5. Comic Strip


6 – 8 Extra Thoughts, Feelings and Actions

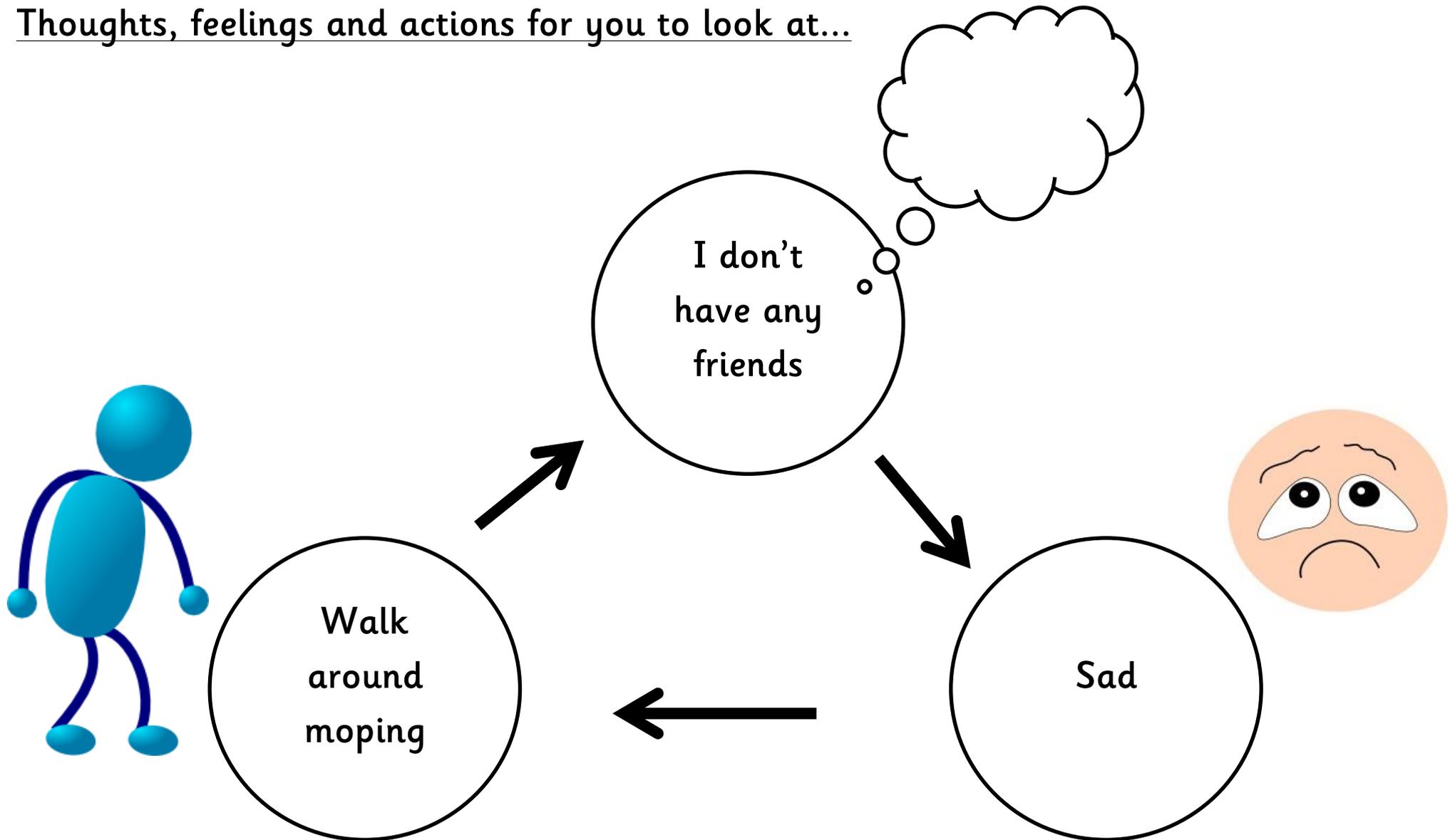


## How are our thoughts, feelings and behaviour linked?

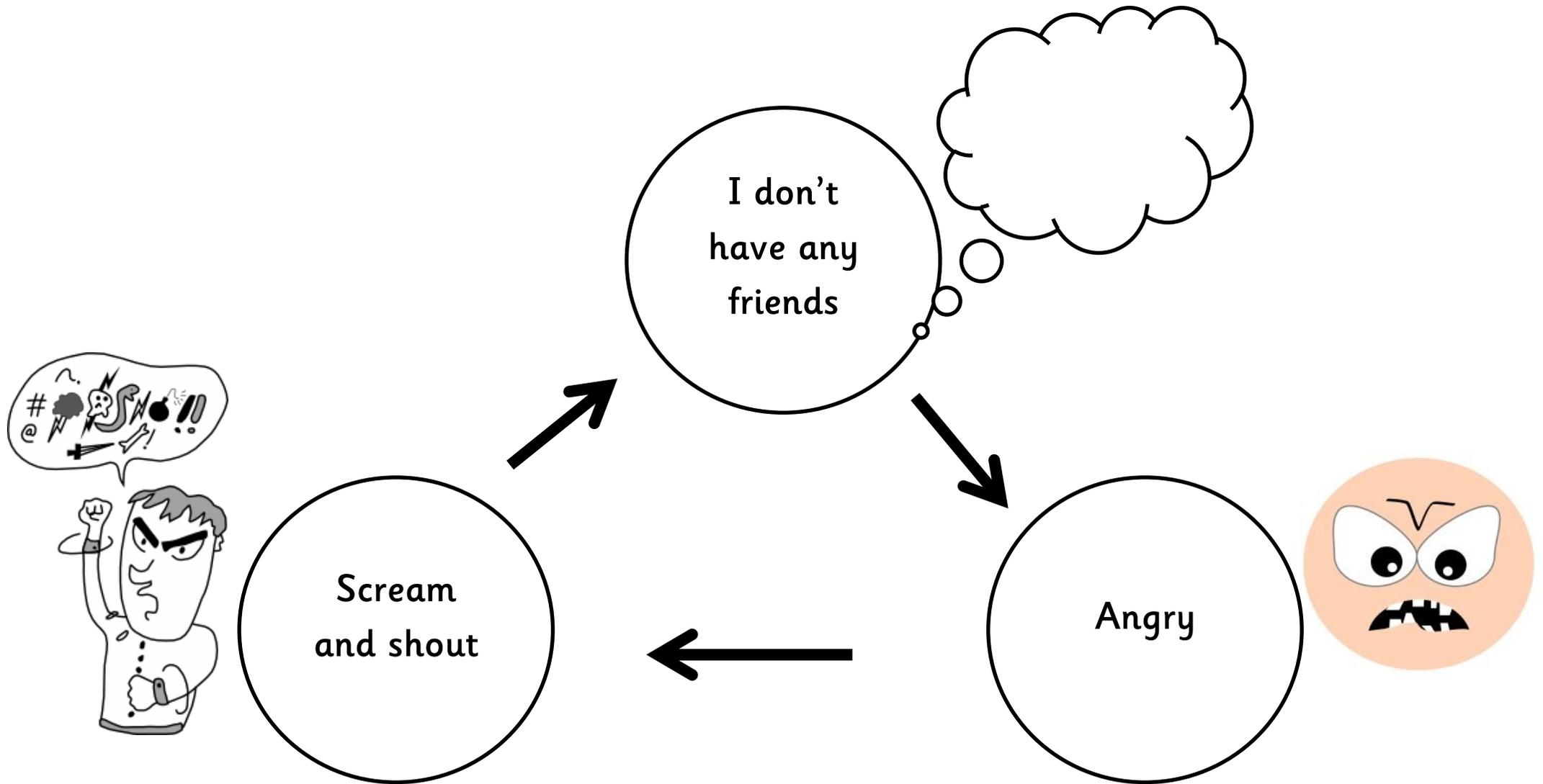
What we think creates feelings. Those feelings create our behaviour. The behaviour reinforces our thoughts. The cycle can continue unless we try and stop it!



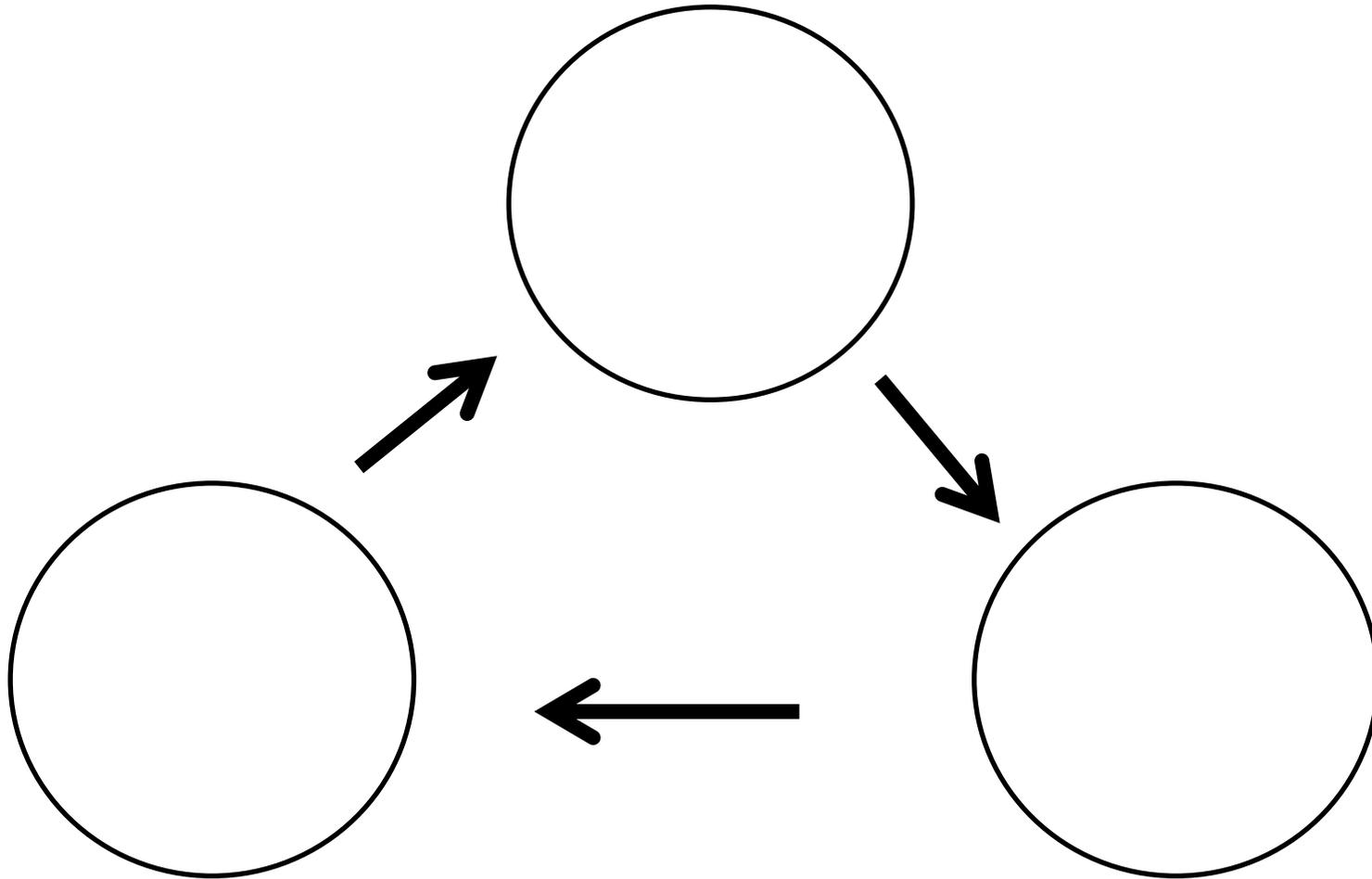
Thoughts, feelings and actions for you to look at...



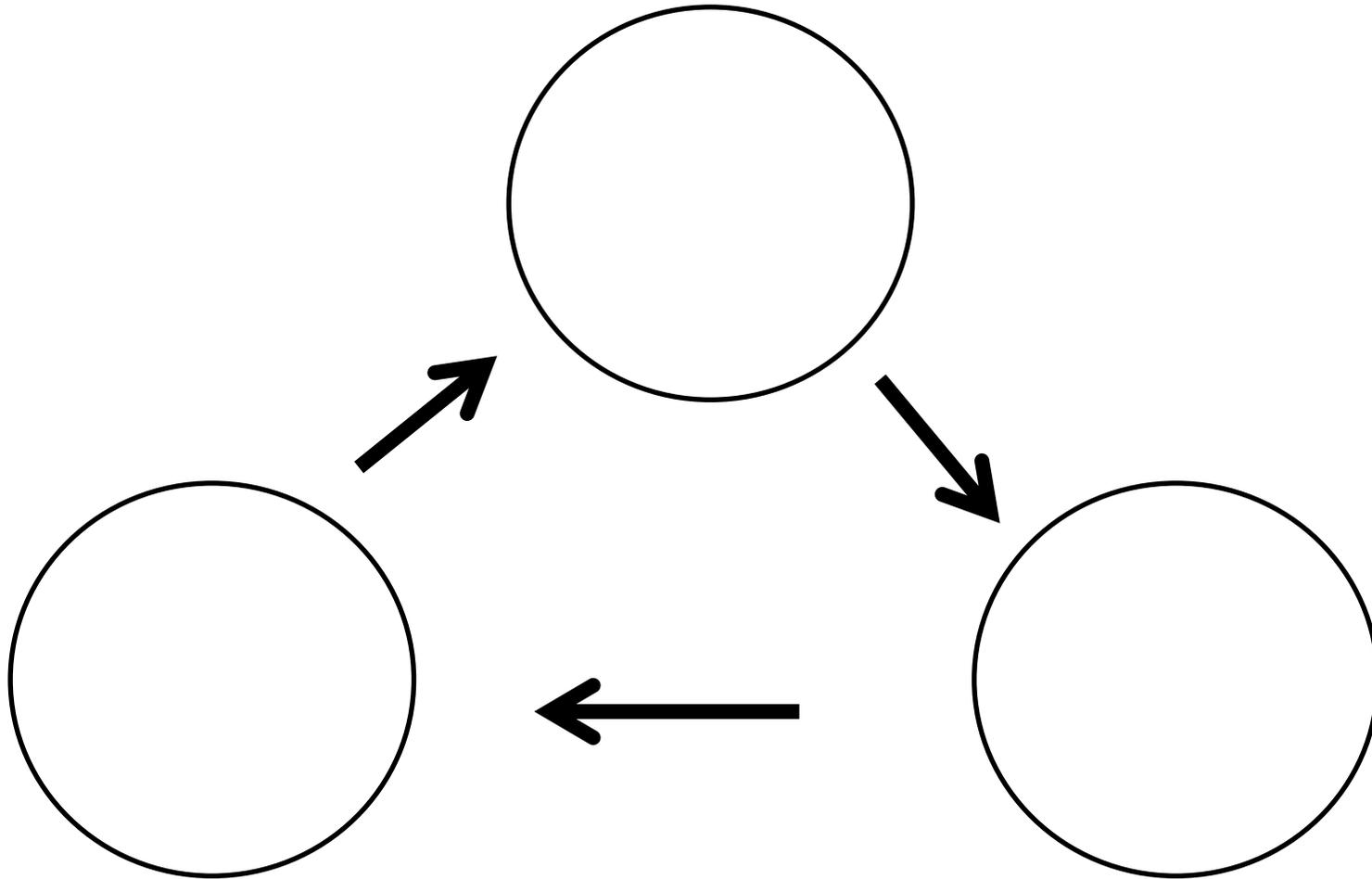
Another one...



Your turn!



Have another go!



## Noticing our feelings

When you feel bad, sad, scared, worried, angry, frustrated what were you thinking at the time? Have a think about a time when you felt one of those feelings? What caused it? What were you thinking in your head? Draw the emotion on your face and any physical symptoms you had on the body such as a tummy ache, butterflies or fast heartbeat. Remember these physical things were beyond your control. They just happen and you are not consciously doing them. Write a few sentences about the situation and what you were thinking at the time.

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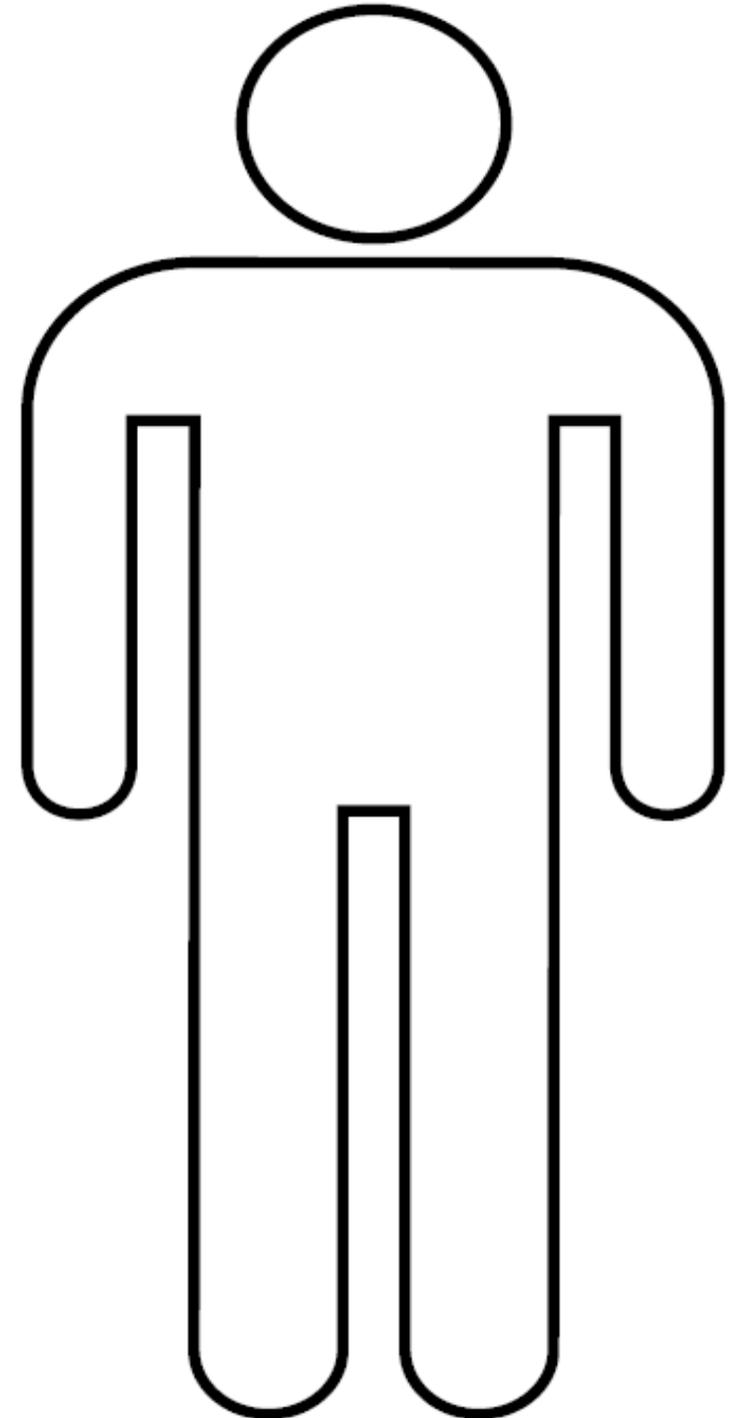
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## Noticing our feelings

When you feel happy, proud, relaxed or excited what were you thinking at the time? Have a think about a time when you felt one of those feelings? What caused it? What were you thinking in your head? Draw the emotion on your face and any physical symptoms you had on the body such as a fast heartbeat, fast breathing, fidgety, warm heart, warm glow, slow heartbeat and butterflies. Remember these physical things were beyond your control. They just happen and you are not consciously doing them. Write a few sentences about the situation and what you were thinking at the time.

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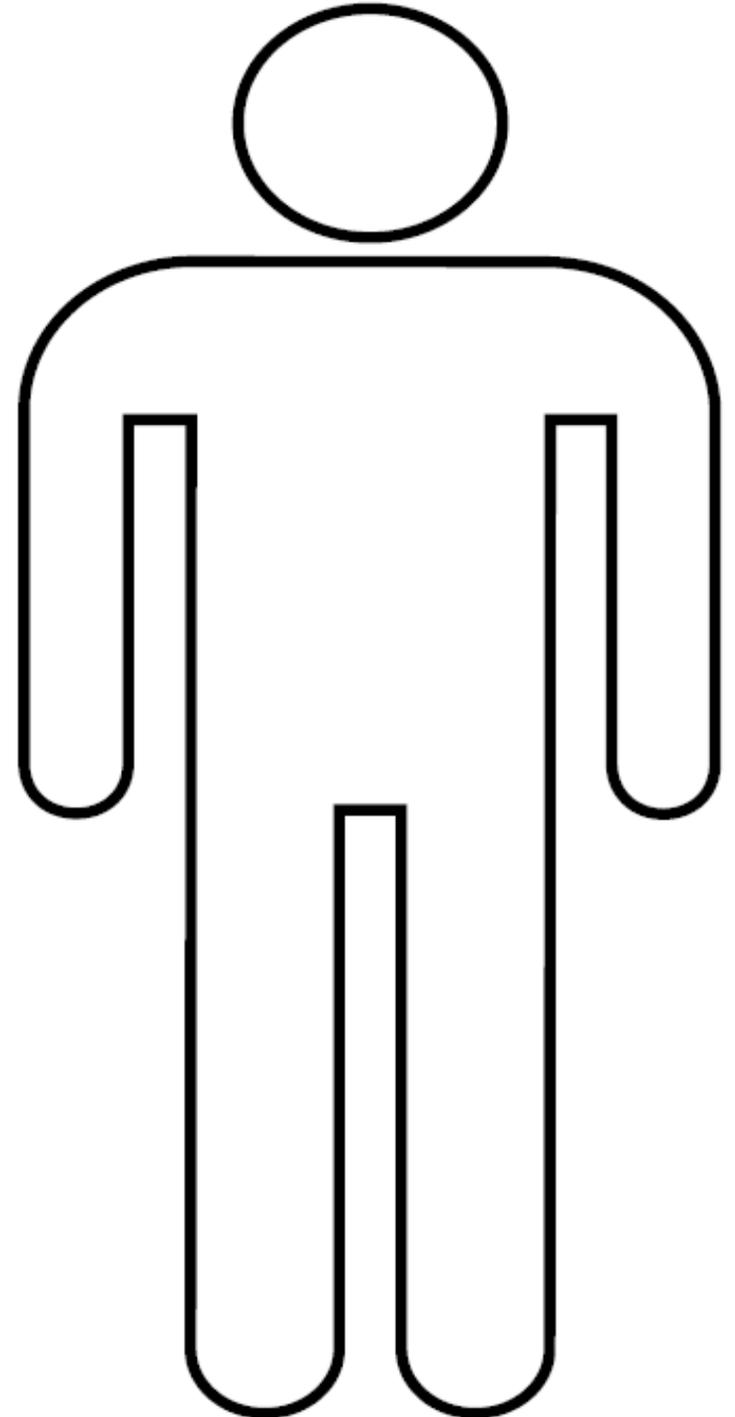
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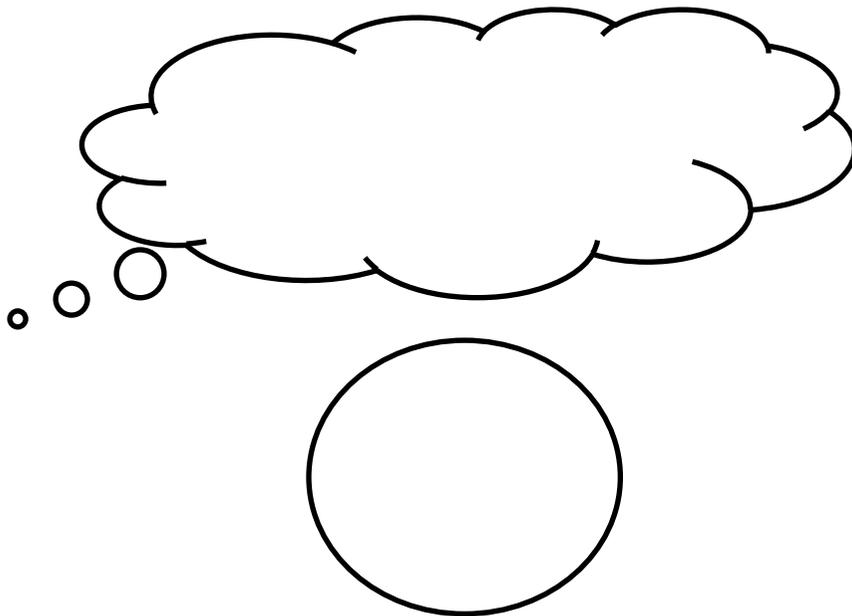
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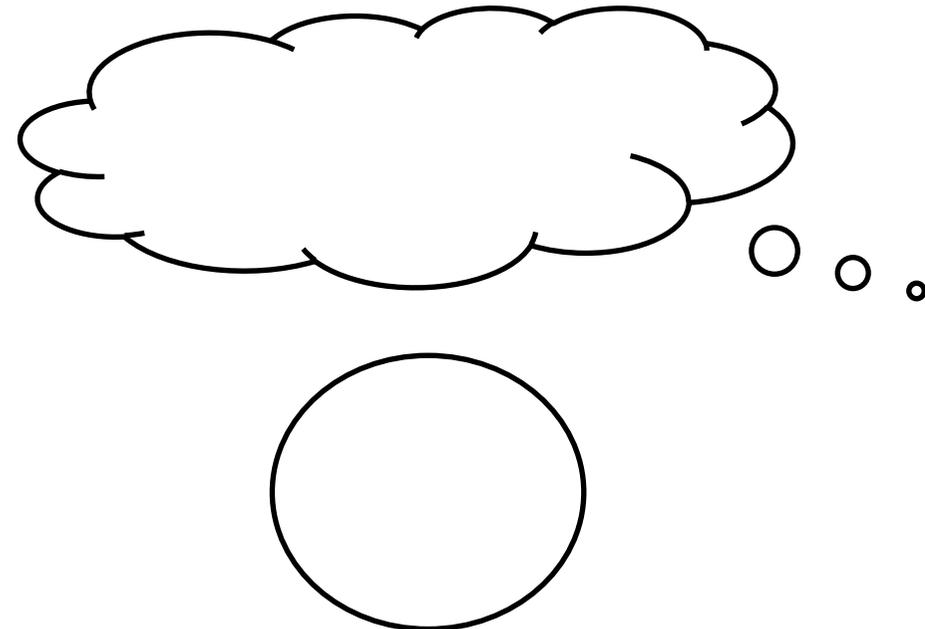
## Changing our thoughts

When you feel really bad have you noticed what your thoughts are? There is a good chance you feel bad because of what you are thinking about. Try and really take notice of what you are thinking. Have a practice at changing that thought. In the first thought bubble write down a thought that makes you feel bad. Draw your feeling below in the circle. What would your action or behaviour be in each case? Write below the circle. In the second thought bubble try and change the bad thought to a good thought. How would you feel now? What might your action be?

**A thought that makes  
me feel bad**

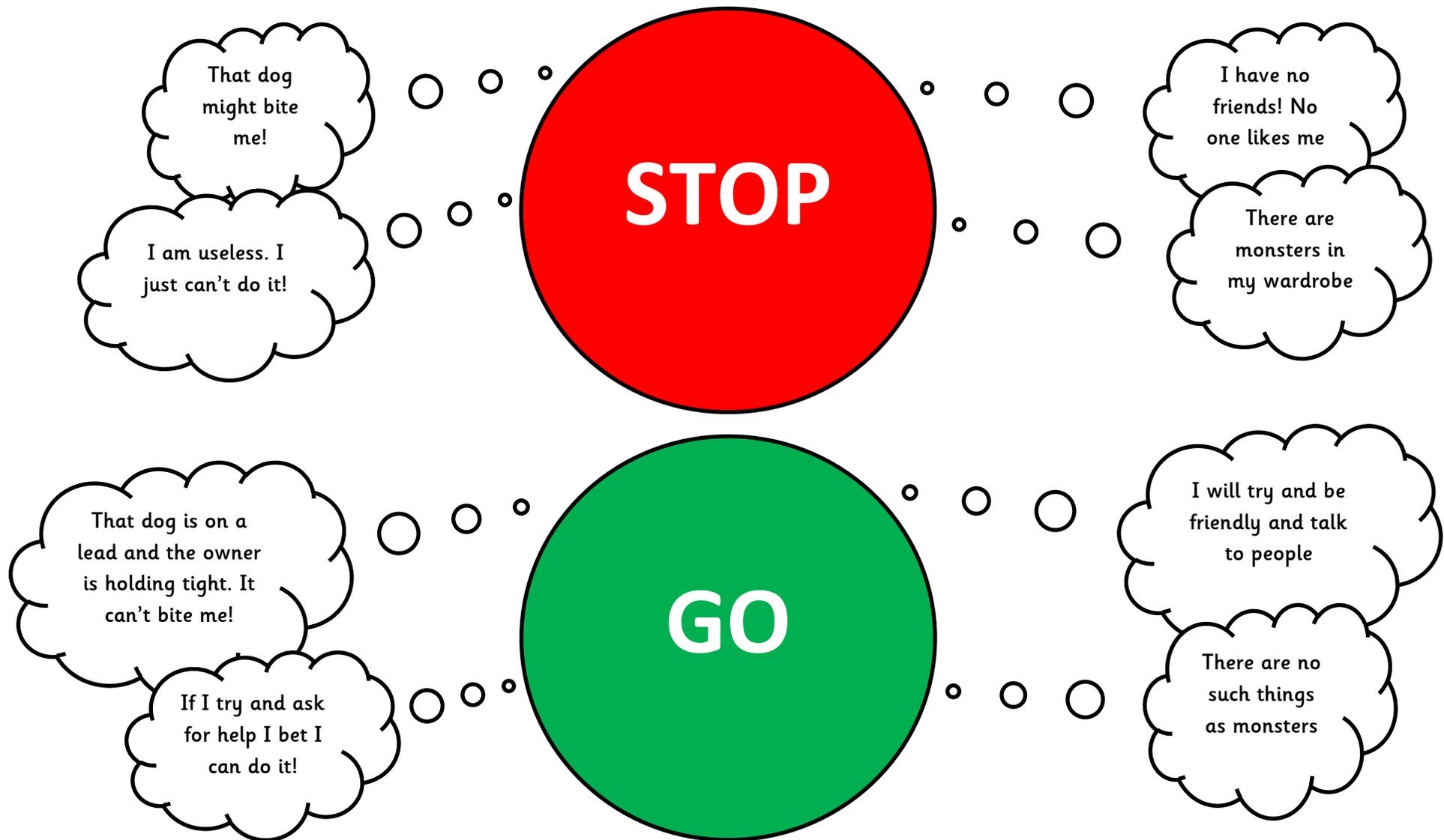


**A thought that makes  
me feel good**



## Red and Green thoughts

The red thoughts are bad thoughts and the green thoughts are good thoughts. From now on try and change the red thoughts to green thoughts. Just like a traffic light. When you have a bad thought then STOP! Change it to green and then you can GO!



## Change the bad thoughts into more positive thoughts (Red to Green)

It's important to start thinking good thoughts from now on. Let's look at changing bad thoughts to good thoughts. Have a go and see if you can think of a different thought, one that is more positive and will make you feel better. Write in green pen!

<b>I can't do it!</b>	
<b>There are scary things in the dark</b>	
<b>The new class will be horrible!</b>	
<b>I don't have any friends. I will never have any friends</b>	
<b>He/she just ignored me!</b>	
<b>He/she hates me!</b>	

It will take lots of practice to change from red thoughts to green thoughts but  
you can do it!

You are now a super positive person!

