

Thoughts, feelings and behaviours workbook

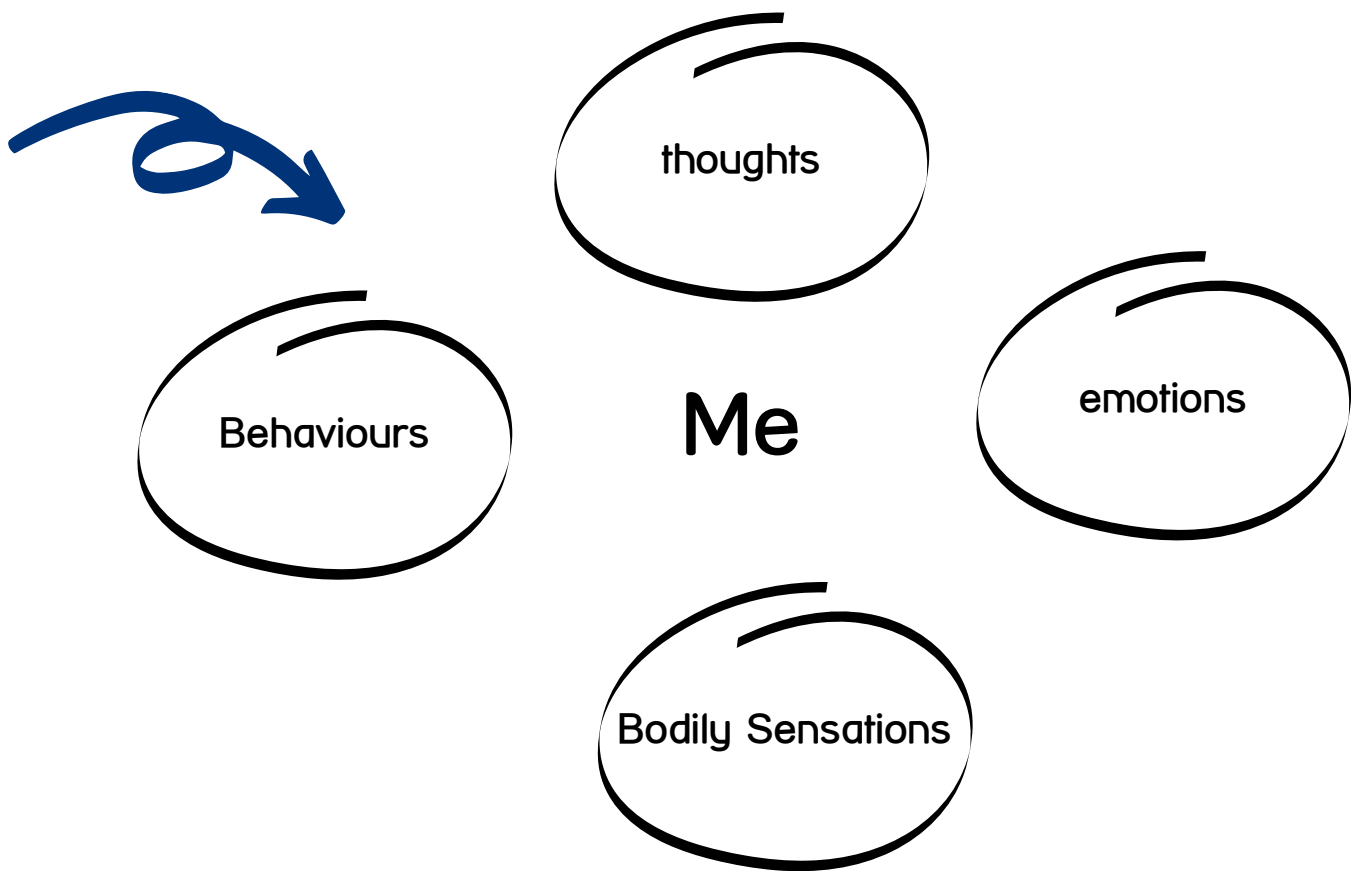
Webinar Length: Approx. 60 Minutes

Level: Key Stage 3+

Objective: To identify and discuss the links between what we think, what we feel and how we behave in order to help manage our responses to new and existing experiences.

Activity One - The reactive circle of influence

Event/ Trigger



Annotate this model with any situations you can currently identify.

Activity Two - A twist in thinking styles

I'm just not good at

I cannot cope with

I've never been able to

I can't see myself ever achieving.....

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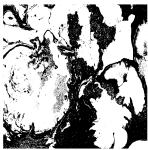
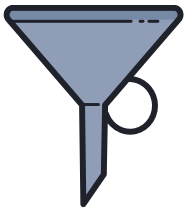
Thinking Traps

Info. Sheet

Thinking Style	Explanation	Example	More balanced view
Catastrophising 	Thinking the worst case scenario. Blowing problems up and making them seem a lot worse than they really are.	I didn't get a good mark on my Maths test so I may as well give up now because I'm never going to get a good job and I will be a failure in life.	Okay so I didn't do my best on this test but I know I can practice more and do better next time- it's not the only Maths test I will ever take.
Predicting the Future 	When we predict that things in the future will turn out badly.	I know I won't pass any of my GCSE's and I will make everyone disappointed.	It's impossible to predict the future and know what will happen. All I can do is try my best.
Mindreading 	When we believe that we know what others are thinking and we assume that they are thinking the worst of us.	My friend didn't text me back, I must have upset her. She probably finds me annoying and doesn't want to be my friend.	My friend might be busy or having a hard time. I know she likes me because we have so many great times together.
Personalisation 	When we over own everything and then blame ourselves if it doesn't work out	This is all my fault.	There are always others factors to consider if something has not worked out like you thought it would.
Perfectionism 	This is when you tell yourself how things must be perfect or no good at all	I have to pass this exam with an A	I will do my best. We learn by making mistakes and things are rarely perfect.

Thinking Traps

Info. Sheet Cont.

Thinking Style	Explanation	Example	More balanced view
Social Comparison 	Comparing ourselves to others in a negative way. Highly influenced by social media.	I am not as clever as.....I do not have as many likes as	It's okay to be motivated to do better and have role models but I also owe it to myself to be authentic.
Black & White Thinking 	Things are one way or the other with no middle ground.	I always get anxious in an exam. This will never change. I will never do well.	I did do one exam and I was calm. Why was this and how can I do it again?
Negative Filtering 	When we discount the positive things we see and hear and only focus on the negative	People were laughing when I did my presentation, I must have been so bad.	Maybe they were laughing at something I said and actually enjoyed the presentation.

Activity Three - Challenging negative thoughts

The negative
thought I am
having is

Do I
recognise the
thinking trap?

The
evidence for
why I should
be feeling
this way is

I will
challenge
this thought
by

thank
you

We all say thank you when we are given something, whether that be an ice cream or a new bike. We can also be thankful for everyday things and events like the sun shining and friends to talk to.

Challenge Time: Every day for the next week write down one thing you are thankful for. Then use your own notepad to keep writing and form a really positive habit. By the way, it takes at least 21 day to form a new habit so concentrate on the action, not the result.

Today I am thankful for.....

Day One

Day Two

Day Three

Day Four

Day Five

Day Six

Day Seven

Thank you for completing the key
stage 3+ webinar workbook on
thoughts, feelings and behaviours

Objective: To identify and discuss the links between what we think, what we feel and how we behave and how we can use positive behaviours and thinking styles to change our outlook on events and experiences.

See <https://cwmind.org.uk/information-centre-for-young-people/>