

Take Control of Your Thoughts, Feelings, and Behavior

Your thoughts drive your feelings and actions. In most situations or events, if your thoughts are negative, your feelings will be negative and you may act that way.

When you catch yourself feeling bad (stressed, angry, hurt, frightened, anxious, sad, depressed, etc.), stop and ask yourself what is behind these feelings:



1. What have I been thinking or telling myself that has led to this mood?
For example: “I will never be able to lose weight.”
2. Is this thought realistic? Am I making something out of nothing? Is there real evidence for thinking this?
For example: “Is it really true that I can never lose weight?”
3. Is it helpful for me to think this?
For example: “Is it helpful for me to think, ‘I can never lose weight?’”
4. What positive thoughts can I substitute?
For example: “I will never be able to lose weight” can be replaced with, “I can do it!”