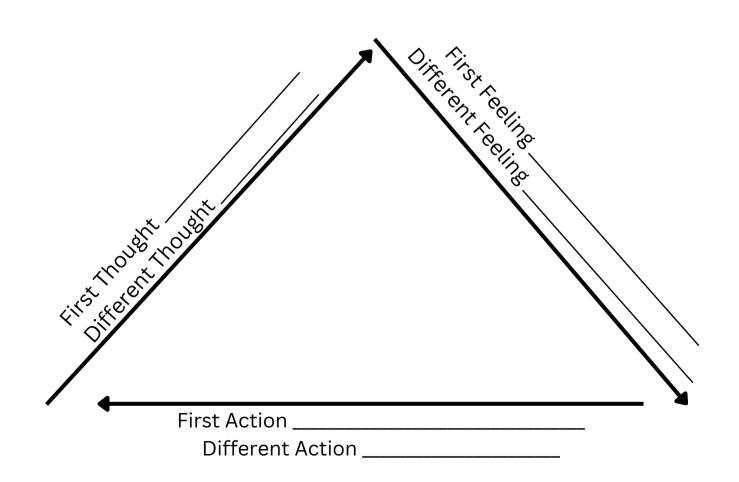
## Thoughts, Feelings and Actions

Our thoughts, feeling and actions all are connected and impact each other. Did you know if you try and change either one thought, feeling or action, the rest may change? Try this exercise with something that has been bothering you recently. Then choose one component, either a thought, feeling or behavior, and see how it differently the rest would have played out!



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