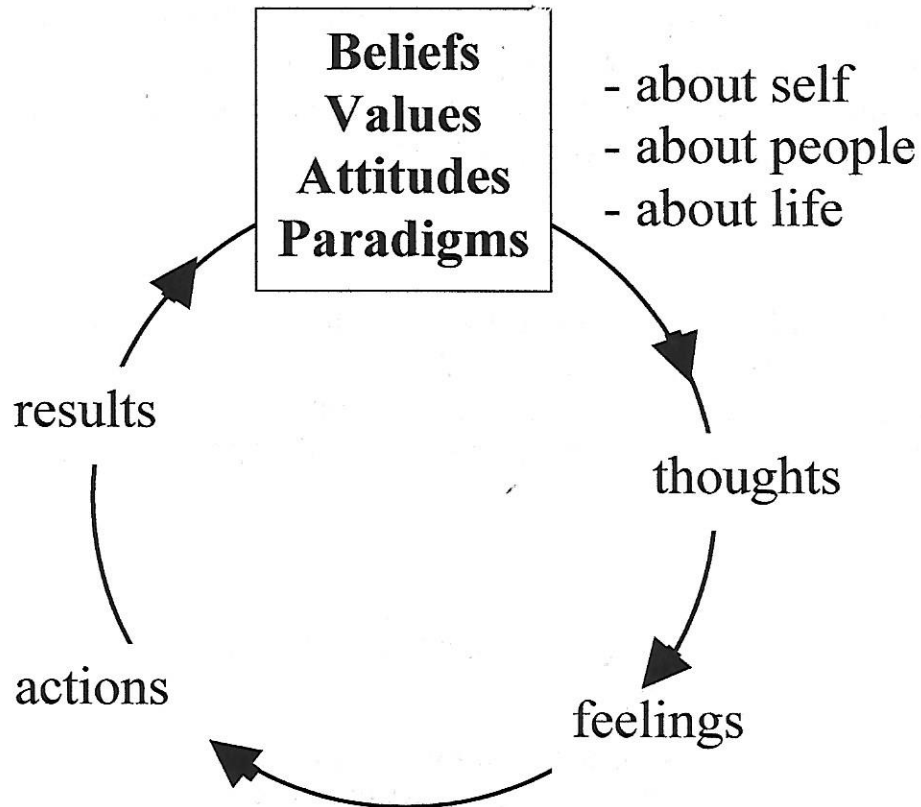

Beliefs – Thoughts – Feelings Cycle



This cycle tends to be self-reinforcing, whether positive or negative. Negative cycles create unhappiness and stress and will continue until consciously altered. The cycle can be influenced/changed anywhere (e.g. letting go of thoughts, choosing to focus or not focus on a particular thought). The most powerful change is at the level of beliefs.

What are your strong beliefs? What kinds of thoughts and feelings do they generate?