

**Thoughts, feelings and actions** are connected.

A situation may trigger negative thoughts which leads to negative feelings about myself and causes me to act inappropriately. If we can change the way we think, we can change our actions.

For example, imagine that you make a bad grade on a test. This makes you think **“I’m not smart enough.”** Because of this thought, you feel **sad, mad and mediocre.** You feel so sad and mad that you decide to **give up and don’t try on your next test.**

What might happen if you had a different thought?

Lets say instead of thinking that you aren’t smart enough, you think **“that’s okay, I’ll try harder next time”.** Then, you feel **confident** and **try harder on your next test and make an A.**

Changing the way you think, changes your feelings and actions.

