



# THOUGHTS, FEELINGS, AND BEHAVIORS: HOW THEY WORK TOGETHER

A WEBINAR FOR EMPLOYEES FROM YOUR  
EMPLOYEE ASSISTANCE PROGRAM

August 10, 2022

# INTRODUCTION



# OBJECTIVES

- Define thoughts, emotions/feelings, and behaviors
- Identify how situations influence thoughts and behaviors
- Become aware of the connection between thoughts, feelings, and behaviors
- Review theories and applications



SECTION 1

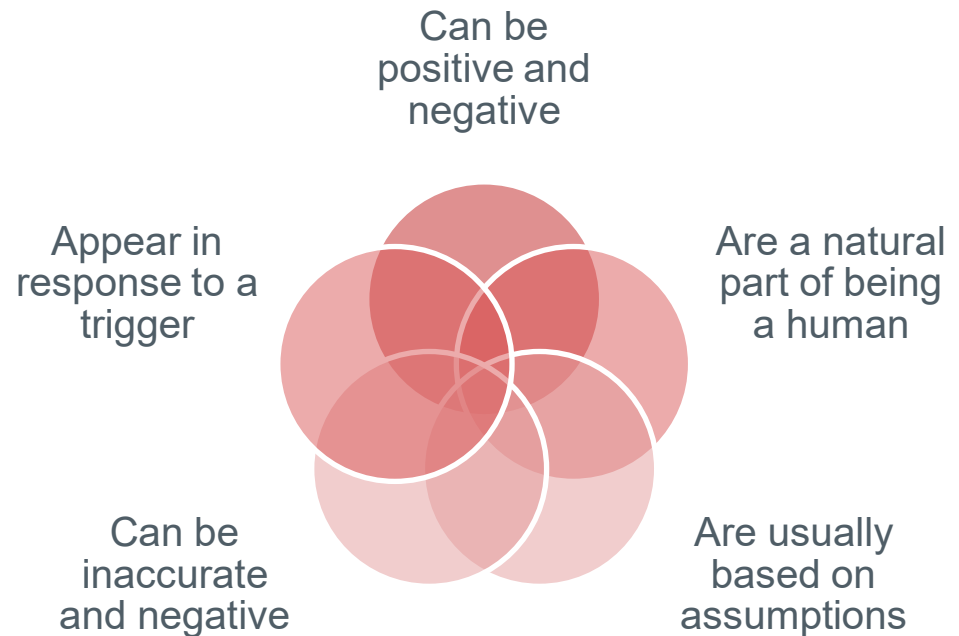
# THOUGHTS, FEELINGS, AND BEHAVIORS

Definitions and Differences

# THOUGHTS

*Thoughts are ideas, images, opinions, or other products of thinking and involve the mental attention or consideration given to a situation or person.*

## Automatic thoughts:



# THOUGHT PROCESSES

The way we organize and formulate a thought depending on our mental and emotional state

Examples:



Automatic thoughts



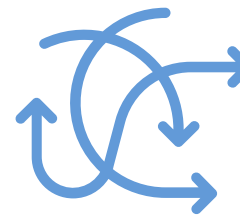
Common sense



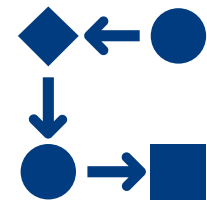
Creative thinking



Critical thinking



Distorted thinking



Interpretation

# EMOTIONS AND FEELINGS

- **Emotion:** a complex reaction pattern, involving experiential, behavioral, and physiological elements.
- Emotional experiences have three components:



- **Feeling:** a result of the emotions and may be influenced by memories, beliefs, and other factors.

## Examples:



# POLL 1

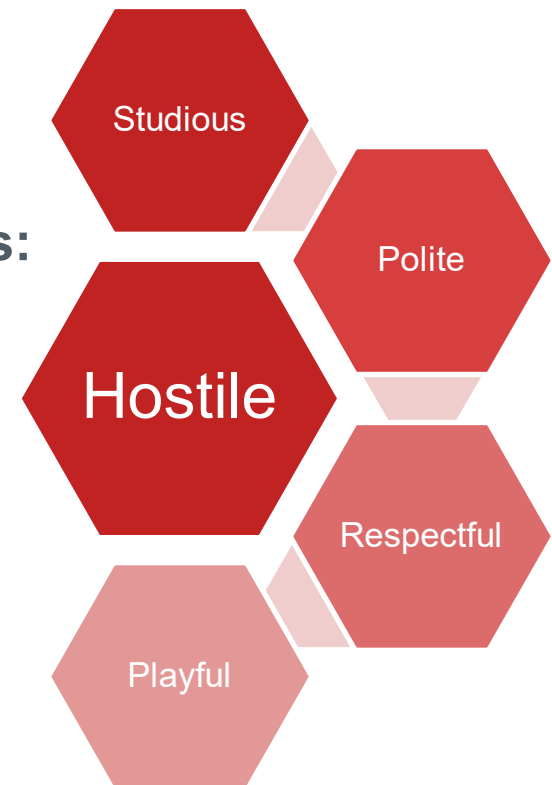
*Is it challenging for you to express your feelings?*



# BEHAVIORS

- **Behaviors:** actions, activities, and processes that can be observed and measured and is an external reaction in response to the environment
  - Dependent on thoughts as well as emotions

**Examples:**

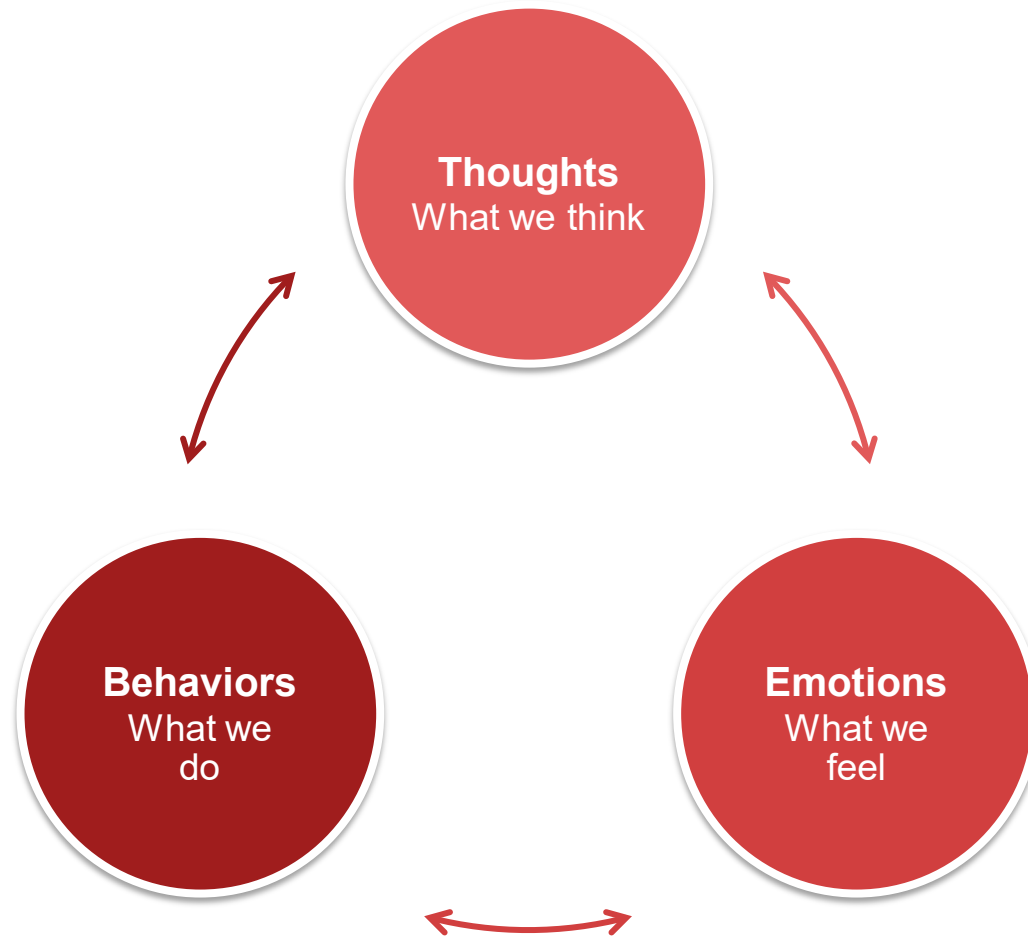


SECTION 2

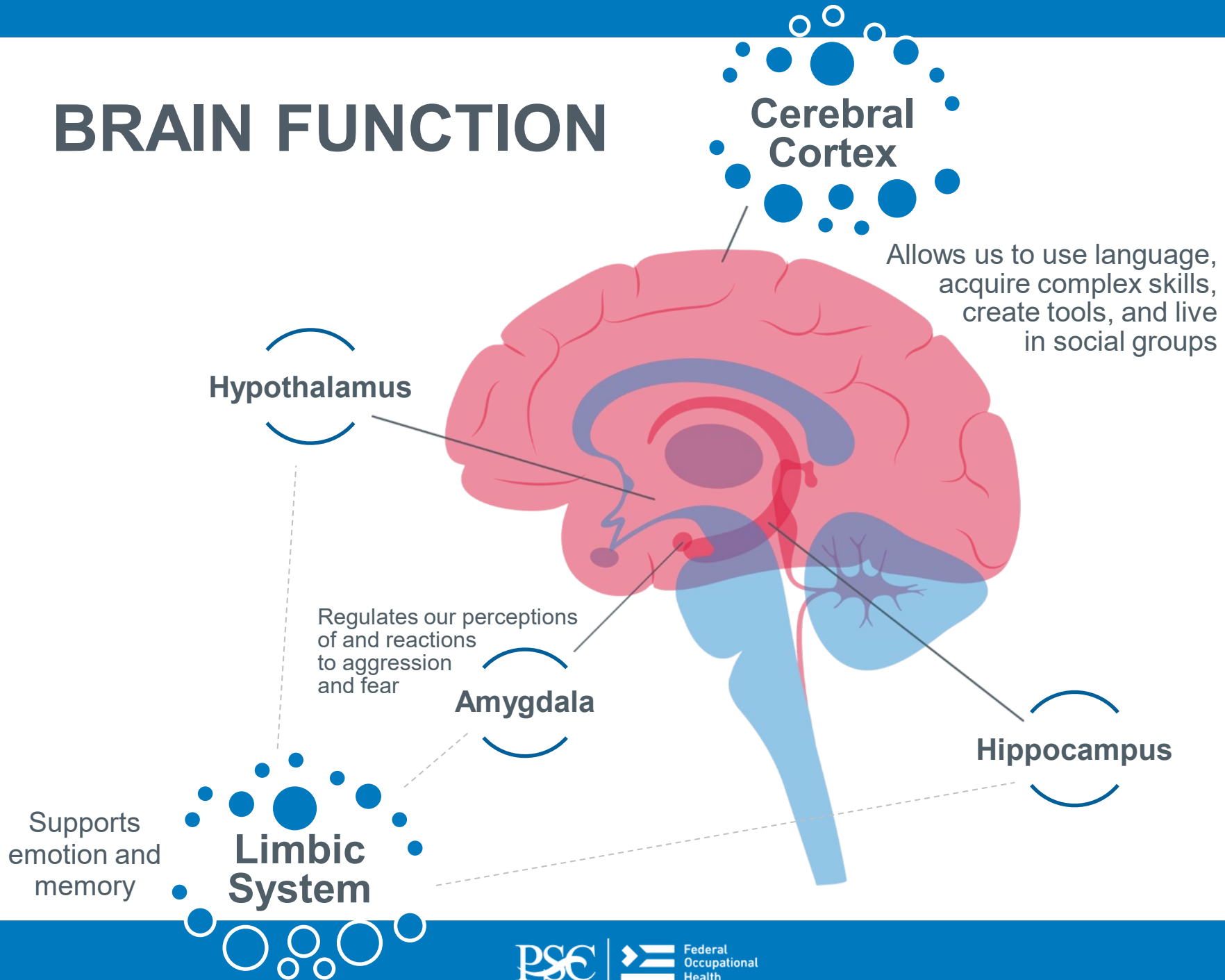
# THOUGHTS, FEELINGS, AND BEHAVIORS

How They Work Together

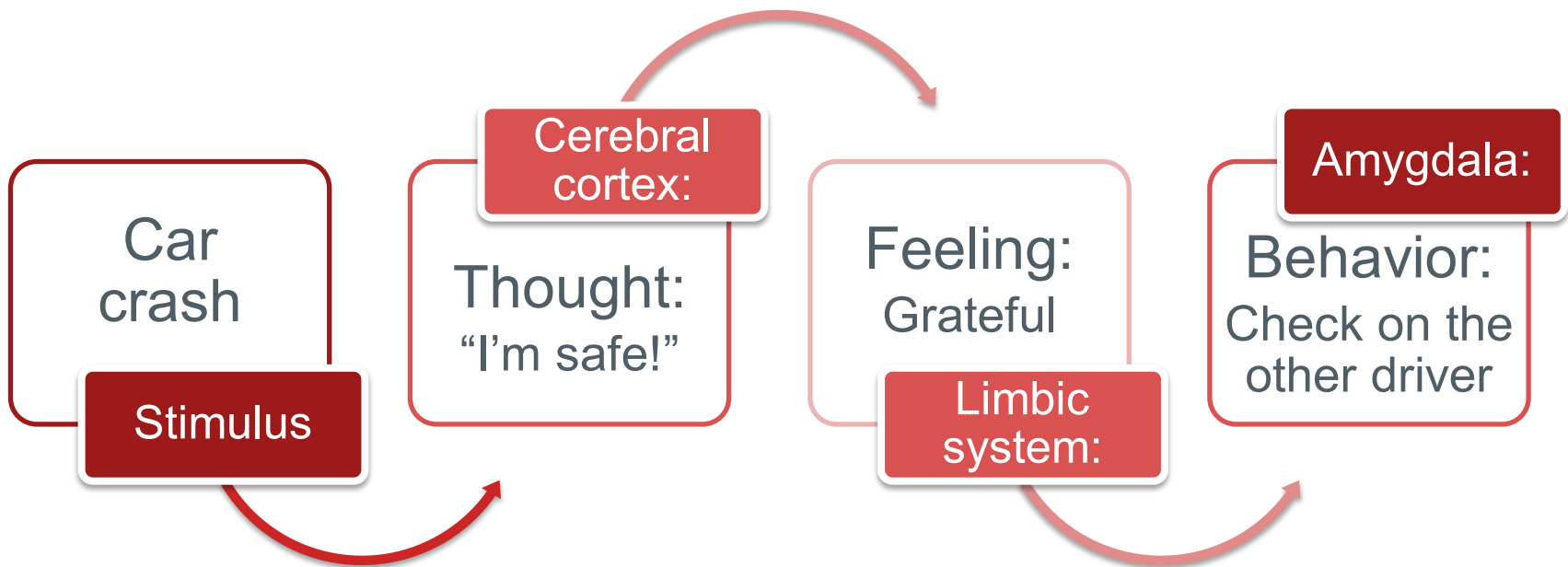
# COGNITIVE MODEL



# BRAIN FUNCTION

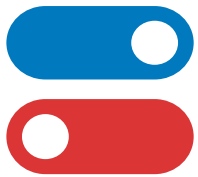


# BRAIN FUNCTION EXAMPLE

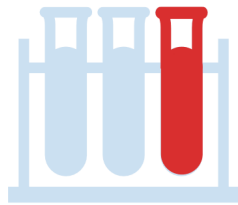


# COGNITIVE DISTORTIONS

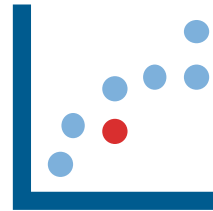
Unhelpful thinking styles or traps



All-or-nothing thinking



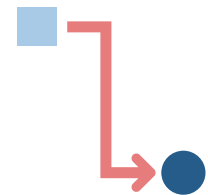
Overgeneralization



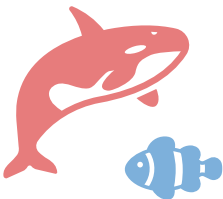
Mental filter



Disqualifying the positive



Jumping to conclusions



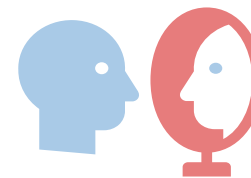
Magnification and minimization



Should statements



Tunnel vision



Personalization



Mindreading

## POLL 2

***Do you believe that your thoughts influence the way you feel and act?***

SECTION 3

# COGNITIVE BEHAVIORAL THERAPY (CBT)

Theories and Techniques



# ABC MODEL BY ALBERT ELLIS

**A** **Activating event:**  
Something happens to or around someone

**B** **Belief:**  
The event causes the person to have a belief, either rational or irrational

**C** **Consequence:**  
The healthy or unhealthy outcome produced by the rational or irrational belief

Rational  
Irrational

Healthy  
Unhealthy

# ABC MODEL EXAMPLE

A cognitive distortion might play out like this:

## A

### Activating event

- A person makes a mistake

## B

### Belief

- The person thinks they are a failure and that they aren't good at anything, accepting it without judgement

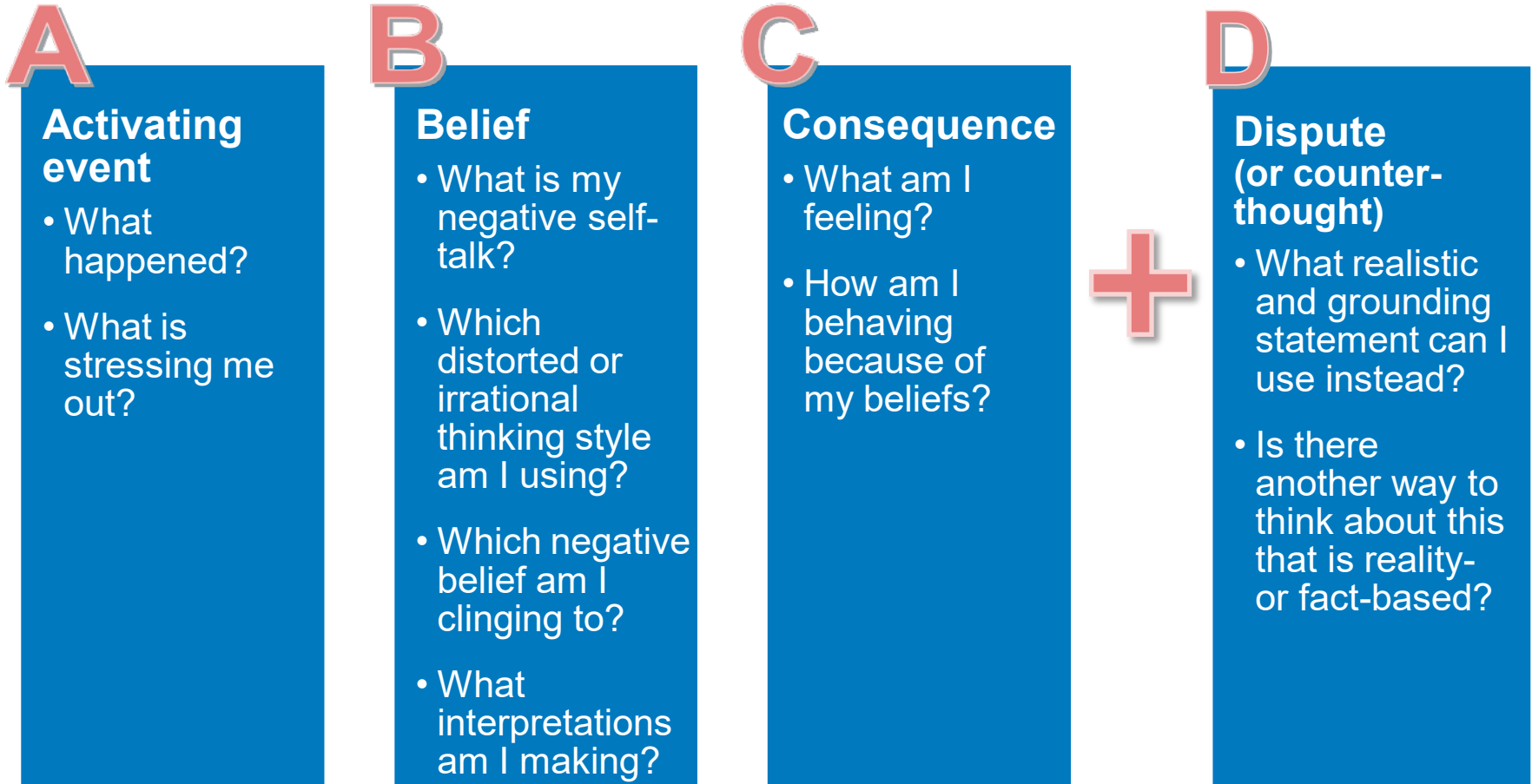
## C

### Consequence

- The person feels awful about their mistake and about themselves in general
- This leads to depressive symptoms, making it tough for them to try again

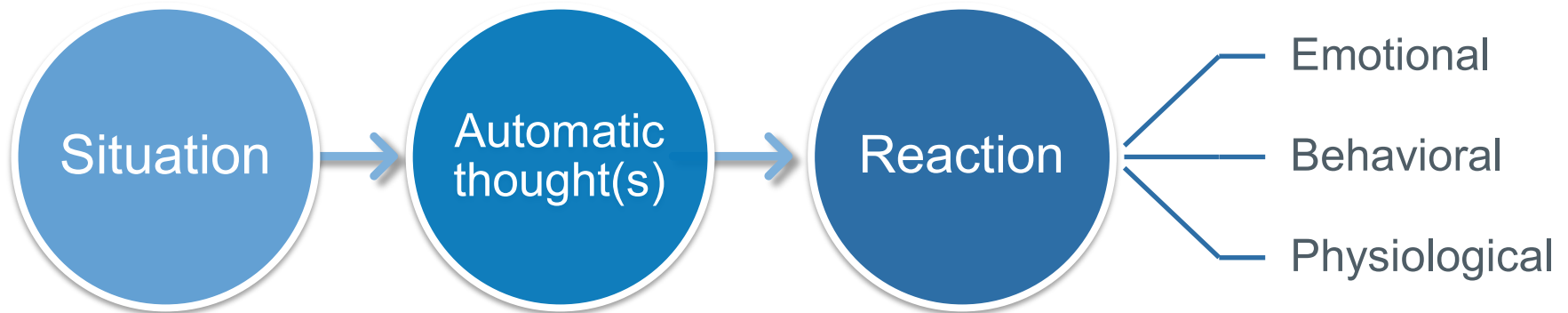
# ABC MODEL: TECHNIQUES

Ask yourself these questions to decrease negative impact:



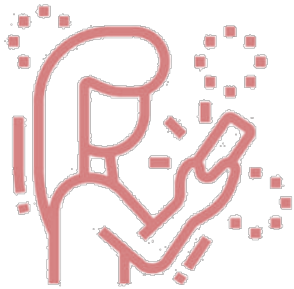
# COGNITIVE BEHAVIOR THERAPY (CBT) BY AARON BECK

This model describes how people's thoughts and perceptions influence the way they feel and behave



# CBT: RECOGNIZING TRIGGERING SITUATIONS

To identify whether certain situations are or have been triggering, ask yourself:

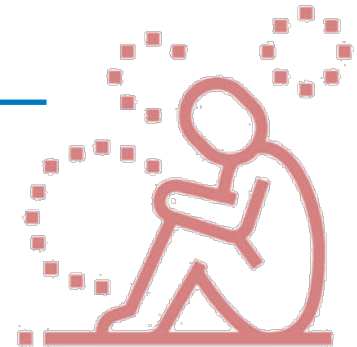


---

What kinds of situations make me anxious?

---

What kinds of situations do I avoid, or partially avoid, because they make me anxious?



# CBT: RECOGNIZING AUTOMATIC THOUGHTS AND BELIEFS

To identify your beliefs, ask yourself:



What was I thinking?



Was I anticipating or expecting anything?



What did I predict would happen?



What is the worst thing that could have happened?

To identify your automatic thoughts, ask yourself:



What's so bad about experiencing anxiety?



How does anxiety interfere with my life?

# CBT: RESPONSES



## Emotional

- Dread
- Anxiety
- Stress
- Sadness
- Anger



## Behavioral

- Worrying
- Replaying the event over and over in the mind
- Isolation
- Yelling
- Throwing objects



## Physiological

- Racing heart
- Muscle tension
- Shaking/trembling
- Hyperventilating
- Sweating

# MINDFULNESS

Mindfulness is:



Being present with the awareness of our thoughts and senses as we experience them.



Being aware of negative thoughts, accepting them, and countering them with evidence from your life.

You don't have to believe them!



# EXERCISE: THOUGHT-STOPPING

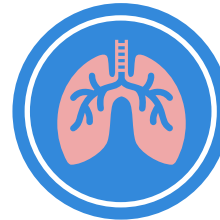
Say “stop” and  
imagine a stop sign



Imagine a pleasant  
scene



Say the words  
“calm” and “relax”



Inhale and exhale

## POLL 3

***Were you able to replace the negative thought and send the signal of calmness to your mind/body?***

# EXERCISE: CONTROLLED BREATHING



# POLL 4

***What do you notice about how you feel after doing the breathing exercise?***

# SUMMARY



Thought process influences our feelings and behaviors



Cultivate self-awareness and use techniques to manage negative thoughts and distortions



Implement tools, knowledge, and self-awareness to counter our negative thoughts can improve emotional well-being

# RESOURCES

## Book

- ***Thoughts and Feelings: Taking Control of Your Moods and Your Life***
  - M. McKay and P. Fanning, 2021

## Websites

- **Beck Institute Cares**
  - [cares.beckinstitute.org](https://cares.beckinstitute.org)
- **Feeling Good**

The website of Dr. David Burns, MD

  - [feelinggood.com](https://feelinggood.com)

## Article

- **ABC Model of Behavior**
  - [toolshero.com/psychology/abc-model-albert-ellis](https://toolshero.com/psychology/abc-model-albert-ellis)

## Podcasts

- Feeling Good – Dr. David Burns
  - [feelinggood.com/list-of-feeling-good-podcasts](https://feelinggood.com/list-of-feeling-good-podcasts)
- MyCBT – Dr. Julie Osborn
  - [mycognitivebehavioraltherapy.com/mycbt](https://mycognitivebehavioraltherapy.com/mycbt)

## Video

- Breaking Up with Negative Thoughts
  - [youtu.be/UXV6dmL-myA](https://youtu.be/UXV6dmL-myA)

## Worksheets

- 25 Cognitive Behavioral Therapy (CBT) Worksheets
  - [positivepsychology.com/cbt-cognitive-behavioral-therapy-techniques-worksheets](https://positivepsychology.com/cbt-cognitive-behavioral-therapy-techniques-worksheets)

# THANK YOU



## Behavioral Health Services Employee Assistance and WorkLife Programs

24 HOURS A DAY

**800-222-0364**

TTY: 888-262-7848

**[foh4you.com](http://foh4you.com)**



# CERTIFICATE OF WEBINAR PARTICIPATION

is hereby granted to



for the completion of the following one-hour presentation offered by your Employee Assistance Program

## THOUGHTS, FEELINGS, AND BEHAVIORS: HOW THEY WORK TOGETHER

Date:

