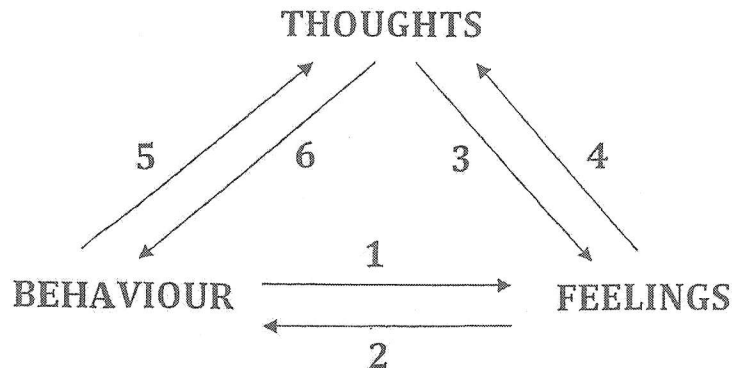


THE INTERDEPENDENCE OF BEHAVIOUR, THOUGHTS AND FEELINGS



Behaviour - Feelings

Sitting around and not consciously making the effort to exercise (negative behaviour) contributes to depression and sadness (negative feelings) (1). Similarly, these low energy feelings directly affect our tendency to be inactive (2).

Thoughts - Feelings

Dysfunctional Automatic Thoughts (DATs) (or Negative Automatic Thoughts, NATs) directly influence our feelings (i.e., contribute to making us feel depressed and anxious) (3), but when we are depressed (and/or anxious) we also experience many more DATs (4).

Behaviour - Thoughts

When we avoid someone (negative behaviour) whose recent actions have led us to perceive him/her in a negative way, we are contributing to distorted thinking such as "Should Statements," "Labeling," etc. (5). Conversely, if we make the "Mind Reading" DAT about someone, we may deliberately avoid this person because we are convinced in our own head ("Ass-u-me") that he/she is reacting negatively towards us (6).

Because it is very difficult for people to improve their painful feelings directly, we instead do this *indirectly* in Cognitive-Behavioural Therapy (CBT). In other words, in Behaviour Therapy (BT) individuals learn to change their negative behaviours to positive behaviours (which are associated with positive feelings) (pathway 1 above). Similarly, in Cognitive Therapy (CT) negative/irrational thinking is changed to positive/rational thinking (which is associated with positive feelings) (pathway 3 above).