

## 6.1 Module 1: Unhelpful and helpful thinking

### Unhelpful thinking



The situation:

The thinking:

The feeling:


The behaviour:

The behaviour:

The feeling:

The thinking:

The situation:

Helpful thinking 

A vertical flowchart with four rounded rectangular boxes. Each box contains a label in purple text: 'The behaviour:', 'The feeling:', 'The thinking:', and 'The situation:'. Blue arrows point upwards from the bottom of each box to the top of the box above it. At the bottom of the page, the text 'Helpful thinking' is written in purple, followed by a simple line drawing of a pen nib.