Situations, Thoughts, and Feelings

Situations

Your Situation: These are the people, places, and things around you. People often think that they feel certain moods or emotions because of what is happening around them, but this is only one part of the complete picture.

Thoughts

Your Thoughts: No situation affects you until you interpret it. How you think about what is happening has a powerful influence on how you feel about it. Different thoughts or interpretations lead to different feelings.

Feelings

Your Feelings: Feelings may include being happy, excited, agitated, angry, upset, afraid, and so on.