

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.