


# Thought Restructuring Practice

## Thoughts, Feelings, & Behaviors

<b>EVENT</b>	<b>THOUGHT</b> 	<b>FEELING</b> 	<b>BEHAVIOR</b> 
What happens in the environment	Internal conversations inside your brain	The emotions (think emojis) you noticed	What your body did (external) & felt (inside)
Event	Initial thought <hr/> Change thought	Initial feeling(s) <hr/> New feeling(s)	Initial behavior(s) <hr/> New behavior(s)
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