

# POSITIVE THINKING!

Did you know  
that our thoughts, feelings and  
behaviours are all connected?



It's natural to have negative *thoughts* and literally about anything too! But these negative thoughts can make us *feel* negatively and then impact our *behaviour*.

Example:

I am going to  
fail my exam

**Thought**



Worry, Fear,  
not confident

**Feelings**



less revision,  
low grades

**Behaviour**

The good news is if we tweak our *thought* (even if it's a little bit) this can make us *feel* so much better which in turn will *make* us do things more positively and create better outcomes

Example:

I don't feel confident  
in my exam but I am  
going to try my best

**Thought**



More  
confident  
than before

**Feelings**



more revision  
and higher  
grades

**Behaviour**

[www.staceymillerconsultancy.co.uk](http://www.staceymillerconsultancy.co.uk)  
info@staceymillerconsultancy.co.uk



**STACEY MILLER**  
COUNSELLING AND PSYCHOLOGY  
Specialist in drugs and alcohol addictions

## YOU CAN USE THIS THOUGHTS, FEELINGS AND BEHAVIOUR MODEL WITH ANYTHING!

It helps you become the best version of yourself maximising your happiness. All it requires from you is practice and to be more aware of your thoughts.



Examples:

"Everyone hates me" "I can't do.."  
"People will laugh at me if I.."  
"I'm stupid at.." "I am good at sport"  
"I am going to succeed."



Examples:

Happy • Excited • Confident  
Worried • Confused • Angry  
Tearful Worthless • Scared  
Embarrassed



Examples:

Taking an exam  
For a subject you don't enjoy  
Public Speaking • Punching a wall  
Falling out with a friend  
Finishing coursework on time  
Asking someone out

### REMEMBER!

Notice those negative thoughts!

### REMEMBER!

You can do anything you put your mind to!

### REMEMBER!

If you do get a negative thought, PAUSE and tweak it!