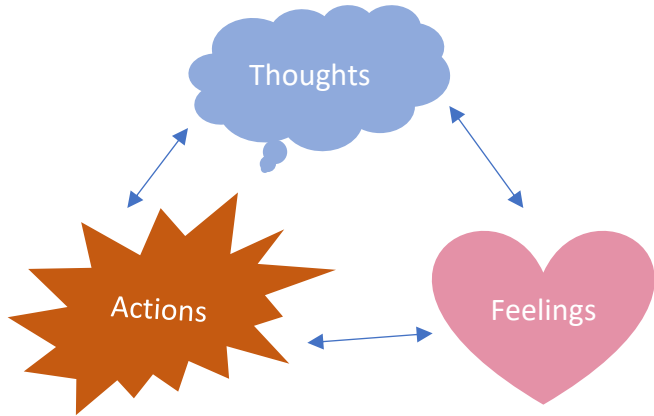


CBT FOR KIDS (THOUGHTS, FEELINGS, ACTIONS)

Unfortunately, life's problems can affect you no matter your size or age. To solve the problems that life throws your way, it is helpful to learn that thoughts, feelings, and actions are all connected.



Thoughts are the words that go through your mind like what you tell yourself about the events that happen around you.

Feelings are different and are emotional responses to events, like feeling angry, sad, or happy about an event. Feelings are normal and we all get them.

Actions are usually the resulting behavior of your thoughts and feelings. If you feel mad, you might act mean or if you feel happy, you might do nice things.

What is Cognitive Behavioral Therapy (CBT)?

CBT is a form of talk and action therapy where you talk about your thoughts and feelings and learn to act differently so you feel better. This work is led by a psychologist or therapist. These professionals help you change your negative thinking and negative behavior patterns so your mood improves, and you worry less. CBT is a very helpful tool for processing your emotions accurately as well. It is completely normal to have feelings. We all do, but sometimes our feelings are not always accurate.

Example of How Thoughts, Feelings, and Actions are Connected to an Event

Event: My friend, Jane, has not talked to me in a while.

Thoughts: "I must have done something wrong to make Jane mad at me."

Actions: I was so upset that I started to ignore Jane at school.

Feelings: I felt so upset and hurt.

Thoughts are not always true. Thoughts are your guesses that you make about the events around you. Coming up with new thoughts will solve these thinking errors and ensure that we treat others fairly.

New Thoughts	New Feelings	New Actions
"Jane probably is busy with school and home, and she is likely not mad at me."	Concern about Jane that she might be going through a lot	Reach out to Jane and make sure she is okay.

