



Family Connection Mentoring *Thought-Emotion-Action Cycle*

The results you are experiencing in your life are generated by the thoughts that you choose to hold in your mind. **Thoughts create emotions. Emotions cause action and actions give us results.**

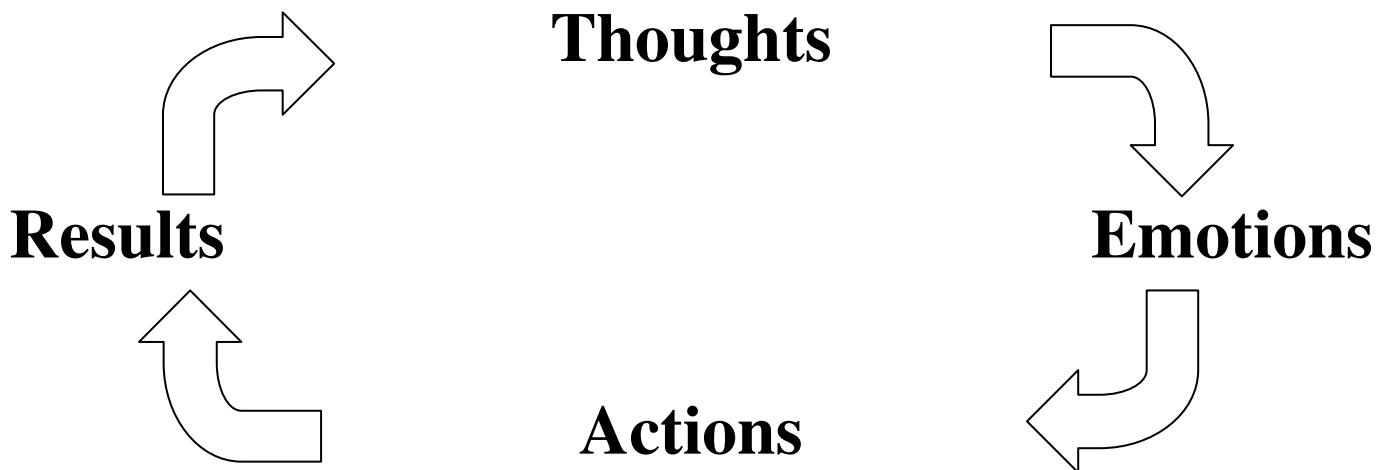
This is why it is extremely important that you learn to manage the images and thoughts you hold in your mind. Your mind will create what you focus on. Another way to say it is – what you focus on you get more of!

You can cause an interrupt in this process at any point. For maximum effect, cause the interrupt at the Thought level.

If you find yourself in a bad place emotionally, behaving poorly to those around you, stop and work your way backwards. What were you feeling that caused you to behave this way? Then ask yourself what thought did I have that caused me to feel that way.

You will eventually get to the place where when you feel negative emotion you will ask yourself, “What was I thinking that has caused me to feel this way?”

The goal is to get to the place where you have a thought and realize that it is negative you immediately change it and have a different action. This is the place where you save yourself and those around you a lot of grief because you are choosing your feelings and actions and not just letting them happen.



CAUSE AN INTERRUPT