







APPENDIX 7: THOUGHTS, FEELINGS, ACTIONS TABLES TEMPLATE AND EXAMPLES







Situation:

Thoughts	Feelings	Actions
		
Thoughts	Feelings	Actions
		

Watch out for these thoughts

Try these







Situation: Stealing a chocolate bar from a super market.

<p>Thoughts</p> 	<p>Feelings</p> 	<p>Actions</p> 
<ul style="list-style-type: none"> • Can I do this without getting caught • It's not fair I don't get much money and I really want some chocolate. • The supermarkets are very rich and they won't even notice it's gone. 	<p>Excited</p> <p>Angry</p> <p>Tempted</p>	<p>Steal the Chocolate.</p>
<p>Thoughts</p> 	<p>Feelings</p> 	<p>Actions</p> 
<ul style="list-style-type: none"> • • If I steal I will get caught and be in a lot of trouble. • People don't like thieves. • It won't take long to save a bit of money for chocolate. 	<p>Scared</p>	<p>Don't steal the chocolate.</p>

Watch out for these thoughts

Try These

Situation: Touching a thirteen-year-old girl's vagina in an alleyway after giving her cigarettes.

<p>Thoughts</p> 	<p>Feelings</p> 	<p>Actions</p> 
<ul style="list-style-type: none"> • I really want to touch the girl and it won't hurt her. • If I have given her some fags she should give me something. • They won't tell anyone, I won't get caught. 	<p>Excited</p> <p>Aroused/horny/sexy</p> <p>Powerful</p>	<p>Touch the girl's vagina.</p>
<p>Thoughts</p> 	<p>Feelings</p> 	<p>Actions</p> 
<ul style="list-style-type: none"> • I will get caught and be in a lot of trouble. • Touching young girl's genitals hurts them a lot. • If I touch them people will think I am a pervert. 	<p>Worried</p>	<p>Walk away and go home.</p>

Watch out for these thoughts

Try these