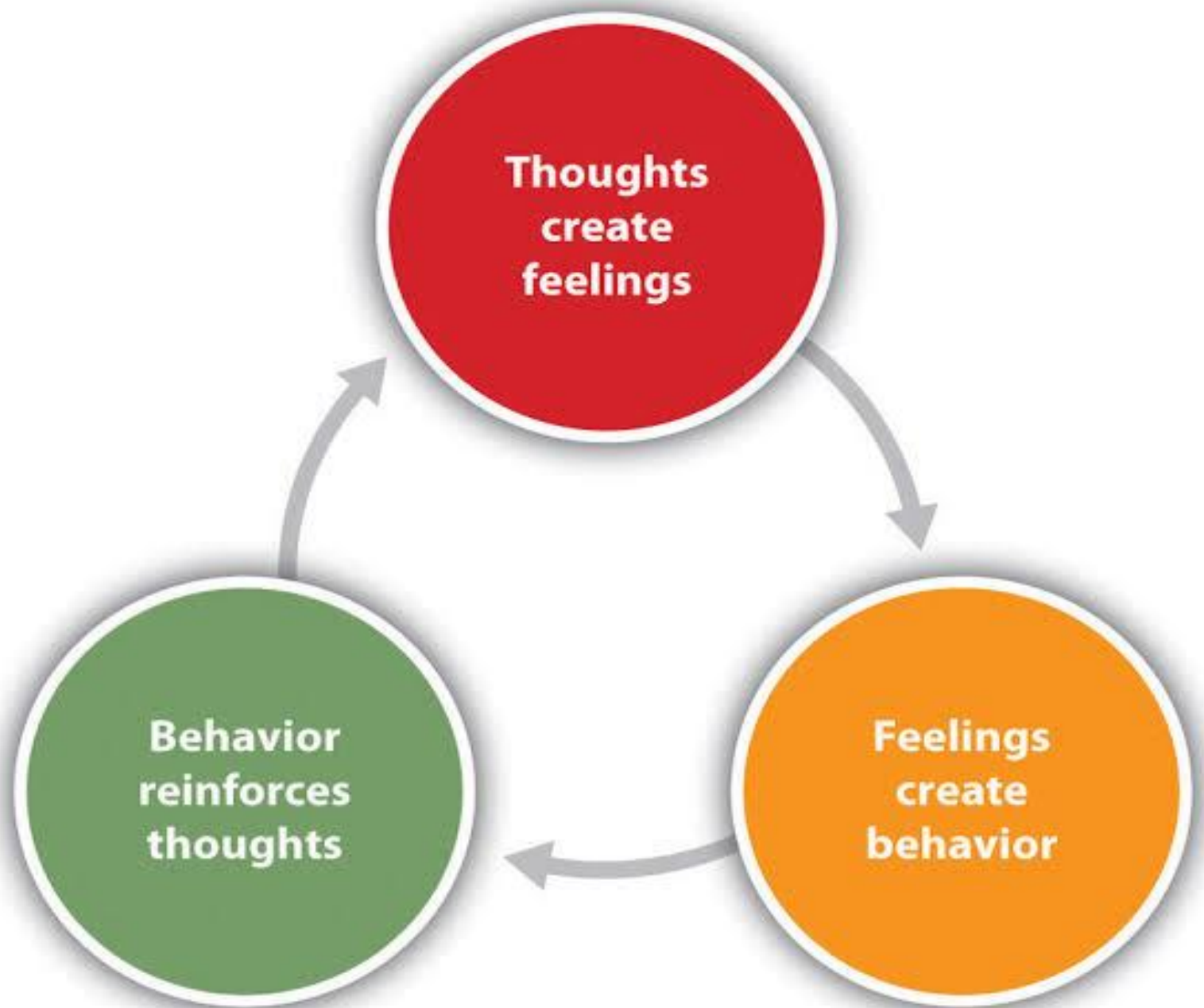


Automatic Cycle of Behavior





THOUGHTS

I'm useless, I'm a failure

BEHAVIOUR

Withdraw,
isolate

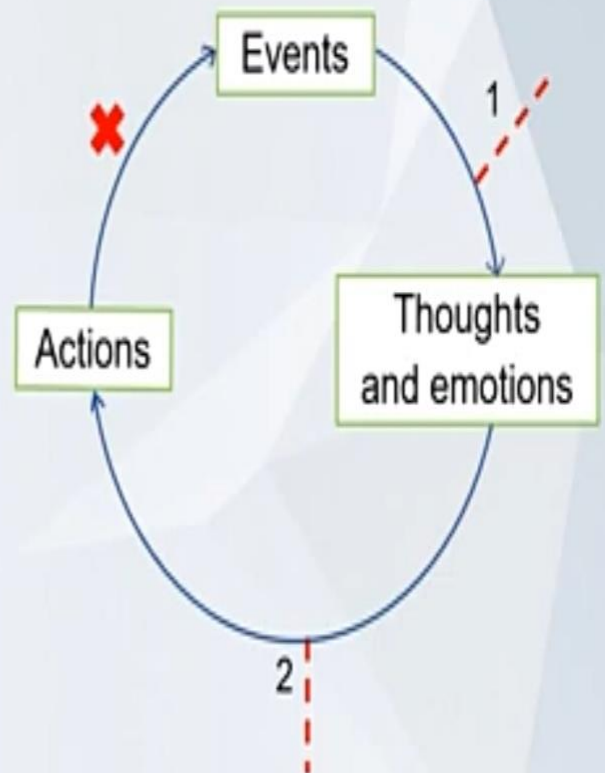
FEELINGS

Low, upset



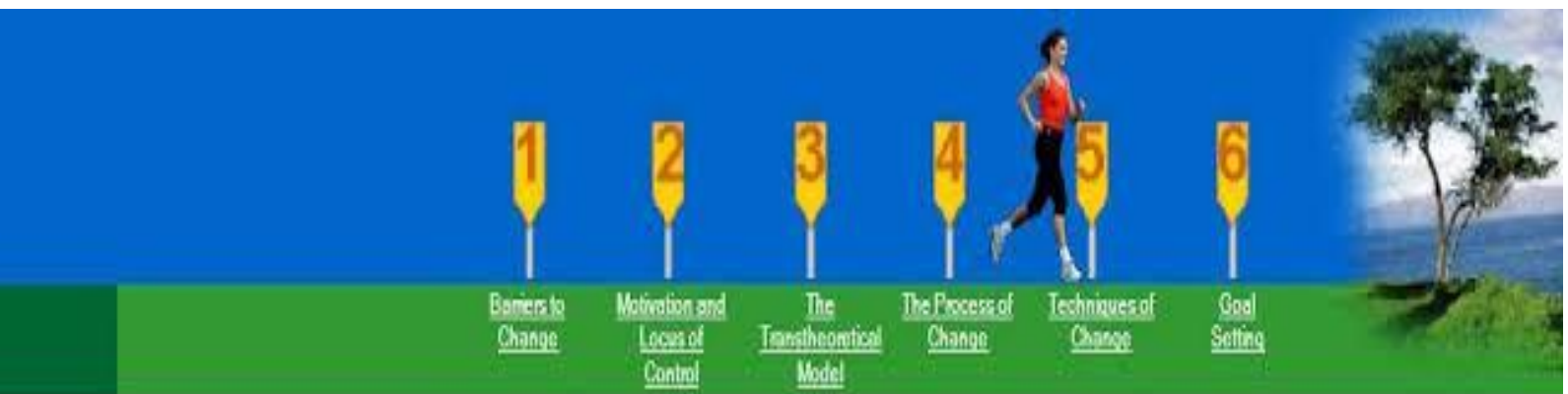
Automatic Cycle of Behavior

- The cycle can be broken at two places:
 1. Events to thoughts and emotions link
 2. Thoughts and emotions to actions link
- Actions to events link cannot be broken—it is automatic



Behaviour Modification

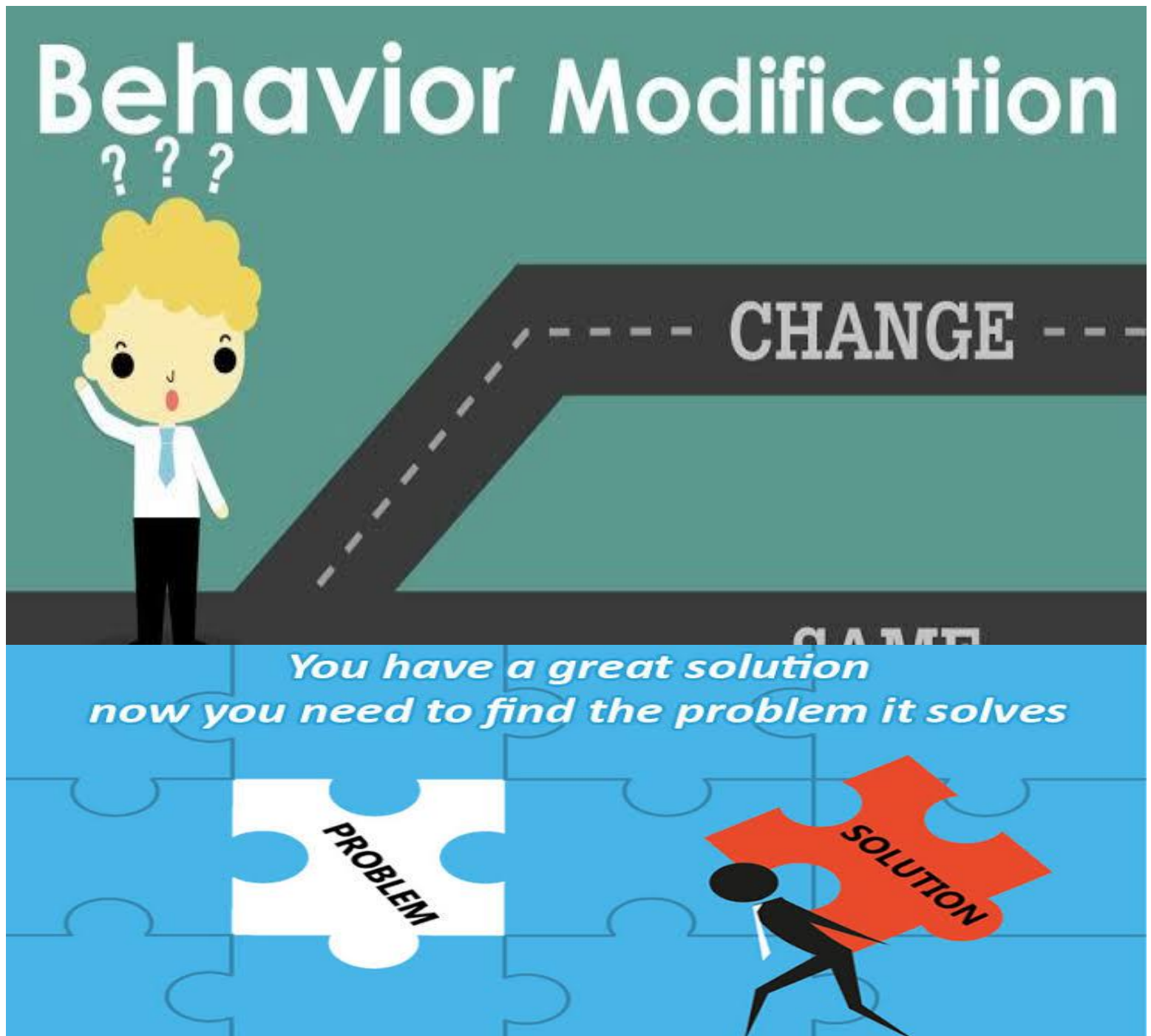




Steps for Successful Behavior Modification

- ▶ Acknowledge that there is a problem
- ▶ Identify the behavior to change (increase physical activity, stop overeating, quit smoking)
- ▶ List advantages and disadvantages of changing the specified behavior
- ▶ Decide positively that you will change
- ▶ Identify your stage of change
- ▶ Set a realistic goal (SMART goal), completion date, and sign a behavioral contract

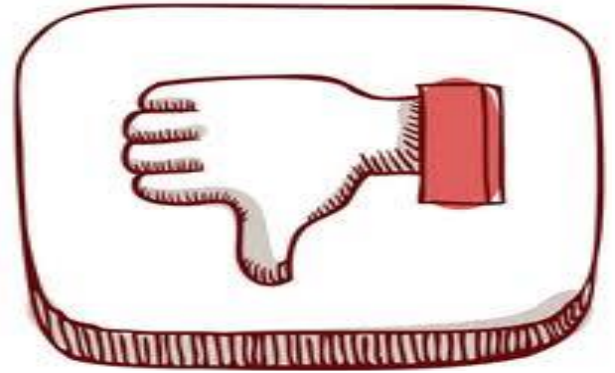
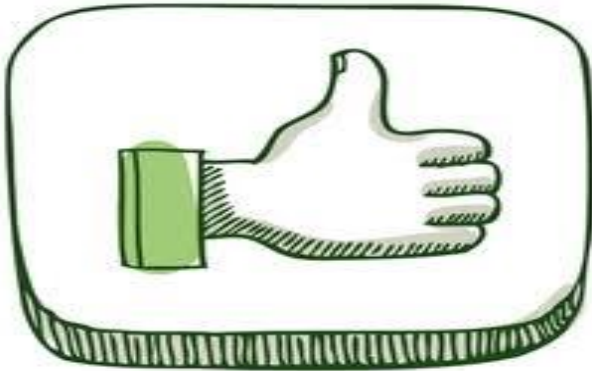
1. Acknowledge that there is a problem



2. Identify the Behavior to change



3. *Advantages* and *Disadvantages*



4. Decide Positively..



**I CAN
AND I
WILL**

5. *Identify your stage of change*

