**Unit 1 - Lesson 3 : lesson summary**

# Unit 1 – What is Psychology?

### Lesson Summary – Lesson 3 (The Psychology Triangle: Think → Feel → Act)

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### ****Lesson Summary (Explore + Practice)****

In this lesson, we learned about the psychology triangle: **Think → Feel → Act.** Psychologists use this idea to explain how our thoughts, feelings, and actions are connected.

Here’s how it works:

* **Thoughts** are what we tell ourselves in our minds.
* **Feelings** are emotions we experience, like happiness, anger, or fear.
* **Actions** are what we do in response.

For example:

* Thought: “I might fail the test.” → Feeling: nervous → Action: avoid studying or give up.
* Thought: “My friend is kind.” → Feeling: happy → Action: share lunch.

We watched clips from the movie Inside Out. The characters show how thoughts and emotions can quickly lead to actions. For example, when the character Sadness changes her thoughts, it leads to different feelings and actions. This shows how powerfully the triangle shapes behavior.

In class, students practiced by filling in missing parts of short scenarios. For example:

* “You think you will do well in the race → you feel \_\_\_\_ → you act by \_\_\_\_.”
* “You think your friend is ignoring you → you feel \_\_\_\_ → you act by \_\_\_\_.”

The more we notice this triangle, the easier it is to understand our own behavior and make better choices.

Watch the video: Inside Out – Emotion Scenes (findable on YouTube). As you watch, pay attention to how a character’s thought changes their feeling, and how that leads to an action.

### ****Comprehension Questions****

1. What are the three parts of the psychology triangle?
2. How can a thought lead to a feeling and then an action? Give an example.
3. In the Inside Out video, how do the characters show the link between emotions and actions?
4. Can you think of a time when your thought changed the way you felt and acted?
5. Why is understanding the Think → Feel → Act triangle useful in everyday life?