

Learning Objective

To understand the link between thoughts, feelings and behaviours.



<i>Success Criteria</i>	<i>Self-Assessment</i>
<ul style="list-style-type: none"><i>Discuss and describe a range of thoughts, feelings and behaviours.</i>	
<ul style="list-style-type: none"><i>Discuss the impact negative thoughts can have on ourselves and others.</i>	
<ul style="list-style-type: none"><i>Know how to turn negative thoughts into positive thoughts.</i>	

The Cognitive Triangle

