

THE POWER HIVE



HOW IS OUR THINKING HELPING US?

The way we think about a situation makes a significant difference in our ability to cope with it

A

EVENTS

- The world
- Other people
- Personal experiences
- Personal history
- Future
- Self

A Activating event or trigger

B Beliefs and thoughts

C Consequences

C

EMOTIONS

- Healthy feelings
- Unhealthy feelings
- Physical sensations

BEHAVIOURS

- Constructive action
- Deconstructive action

B

THOUGHTS

- Attitudes • Beliefs
- Rules • Images
- Demands • Meanings