

Identifying cycles of thoughts, feelings, and behaviours

Use this worksheet to make a note of situations that prompted a change of emotion about your diabetes. See if you can identify your thoughts, feelings, and behaviours in response to that situation, and notice if you can spot a cycle developing.

Situation: *Think of a time you noticed a quick change of emotion about your diabetes. What happened? Where were you? When did it happen? Who were you with?*

Thoughts:

What went through your mind?



Behaviours:

What did you do? How did you respond?



Feelings:

What emotions did you feel?

