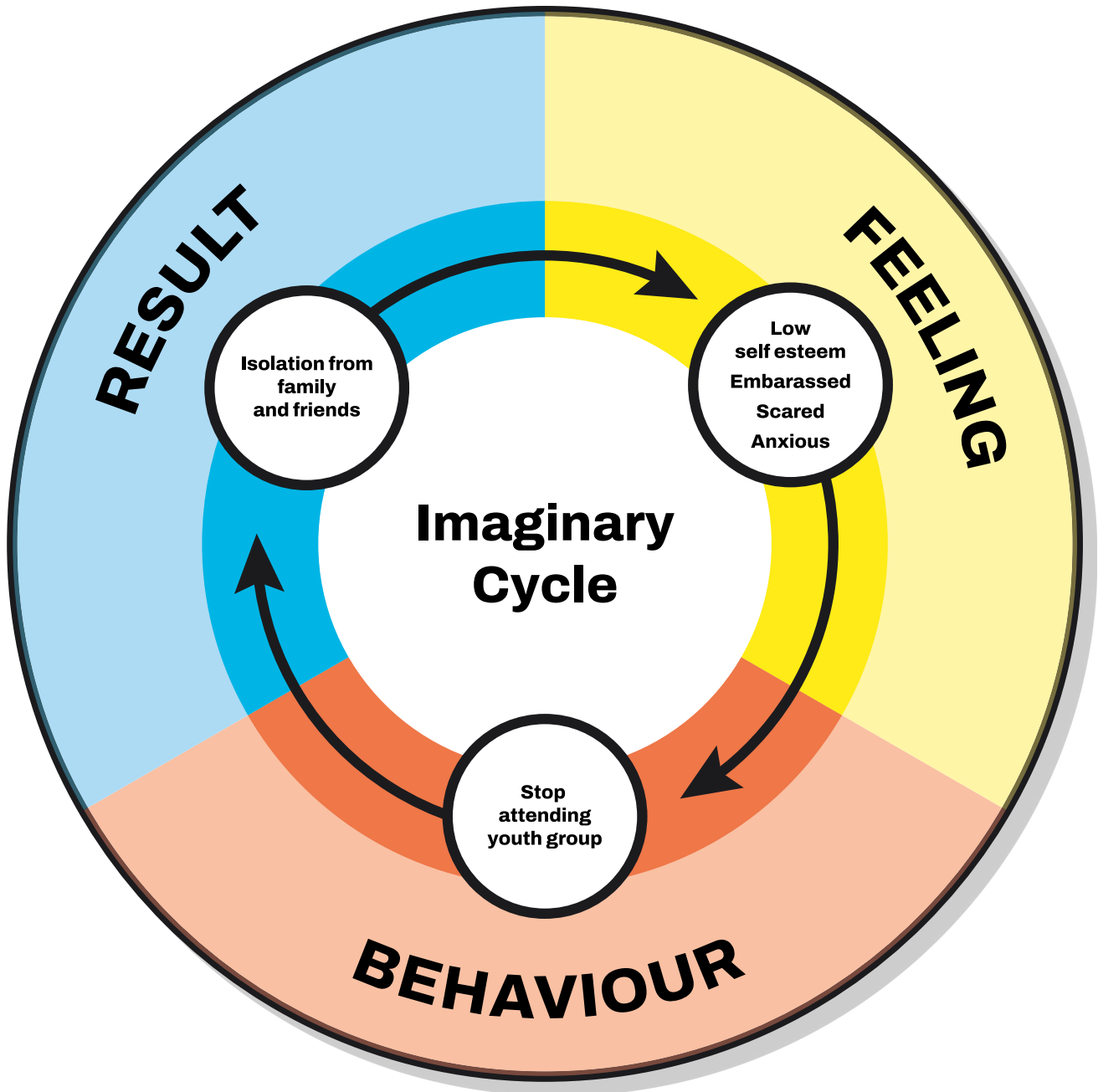
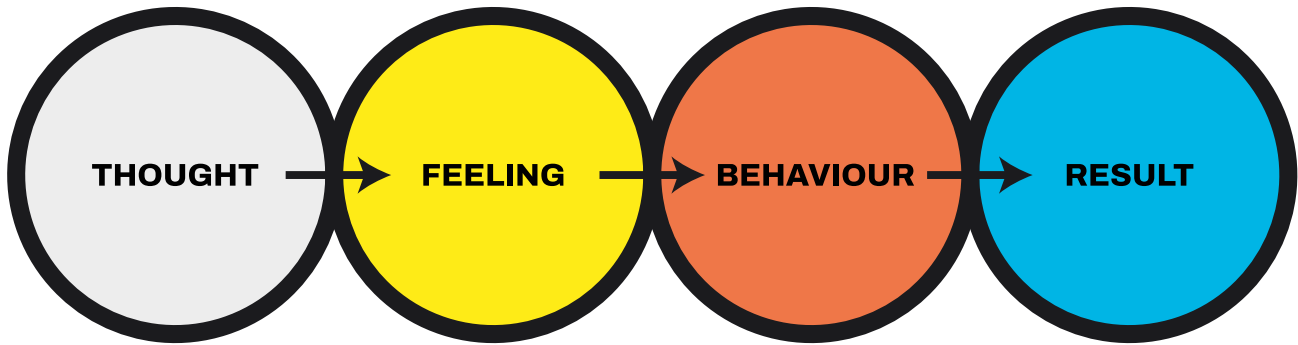


Thought Chain Imaginary Cycle Diagram

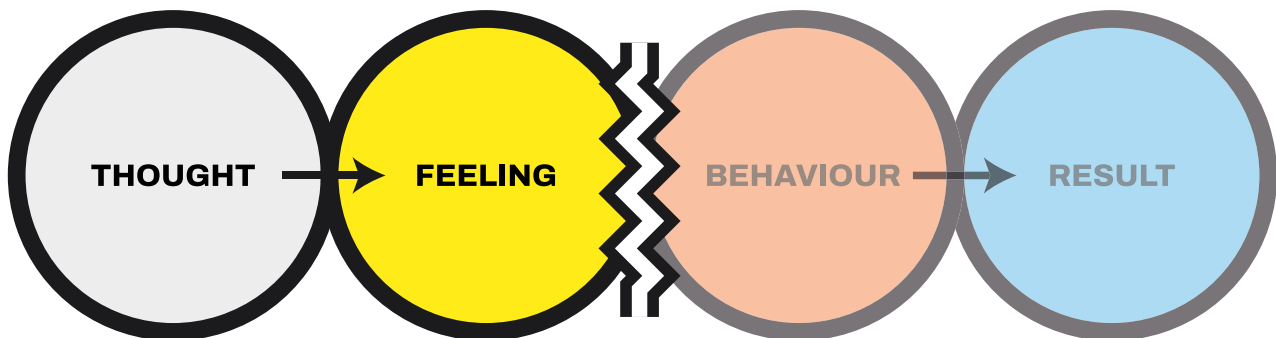


Thought Chain Chain Diagram

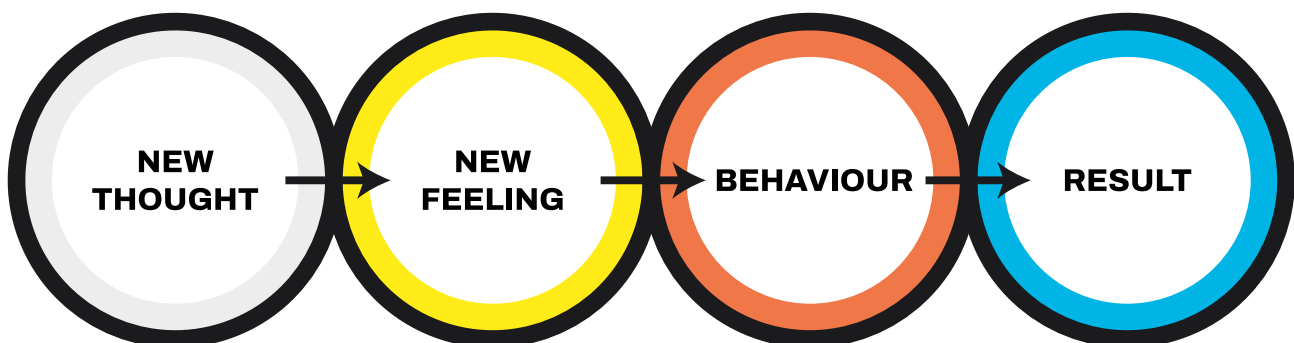
Image a straight line chain of
Thought-> Feeling-> Behaviour-> Result...



Each new thought simply produces a new chain that can be broken at any time between their
feeling and behaviour.



The next thought always causes the next feeling.



Understanding this is helpful. When we understand that we cant control the thoughts that come
in, we tend to be kinder to ourselves.