

An example to show there are four strands to how we feel and what we do:



- One:** Cognitive
- Two:** Emotional
- Three:** Physical
- Four:** Behavioural

Here's the situation - We're out and about doing a little shopping, feeling good, with a plan to meet somebody afterwards for a drink. But then: **a friend blanks us - walks right on by!**

Here's the cycle with the anxious person:

Cognitive	Emotional	Physical	Behavioural
'Oh my God', we think, 'he's just blanked me. I've done something wrong. He doesn't like me. Which means the group have probably been bitching about me. It must have been because of that thing I did ... Oh my God. I feel sick!'	We feel upset - humiliated, embarrassed, confused, hurt, anxious, maybe angry... and are plunged into a 'low'.	We do in fact feel sick. Our body goes into 'fight or flight' (we'll be learning about this later) with this awful horrible event - our heart beats hard, the heat rises in our face, our tummy goes into knots, we sweat, we tremble, our thoughts are jumbled and racing.	We cancel the drink – the good is gone out of the day now. We go home and stew and worry... replaying the moment in our heads.. replaying our history with this person.. imagining what could have made him do that... We decide not to go out the next night with the gang. Can't face it. We lie in bed, sleepless, constructing a movie where we will either confront the person/situation (looking fantastic and being cool as a cucumber of course), 'I'll say this, then he'll say that..' and so on. We might ring mutual friends and over analyse it, looking for reassurance. It's AWFUL.

Here's the cycle with the emotionally healthy person:

Cognitive	Emotional	Physical	Behavioural
'Oh, what's that about', we think, 'Did he just blank me? Nah. Why would he do that? Hmm. Maybe he's in a hurry and thinks he got away without stopping, that I'll think he hasn't seen me. Cheeky bugger!'	We feel okay - curious, bemused, but our 'core' is unaffected – we're not very upset.	We feel much as we did before the incident.	We text him immediately - saying <i>Oi! I saw you see me you know! What's the story? In a hurry somewhere and thought you got away with it? You didn't! :)</i> . We mention it to our mutual friend that night, who is highly amused and says she sometimes does that herself when she's not in the mood for chatting. And we slag him later that week when we see him. And he tells us, 'Hey, I genuinely just didn't see you, I was in a world of my own!'. And... it's all good. No drama.

DISCUSS - Do you see the difference? The calm person doesn't immediately jump to a negative about that person and about themselves – they don't fortune tell and mind read and catastrophise and all the rest of the common unhelpful thinking habits – and, even if they found out that the friend *was* in a snot and *did* deliberately blank them, they'd just think it was silly, and would take steps to address the issue – they'd know that just because somebody thinks little of you, you don't have to agree with them. And that other peoples behaviour belongs to them, not you. If you have good self esteem and just do your best through life you have nothing to fear... think about it!

(This a high anxiety example, your anxiety may be low to moderate, but you'll be able to see how and when this type of scenario might apply to you. When stress becomes a disorder, it causes a shift to thinking – we develop distorted thinking that appears to be rational and plausible, but is rarely true or helpful. Do you have distorted over dramatic thinking that causes you over dramatic feeling and behaviour? Think about your thinking and change your life) -