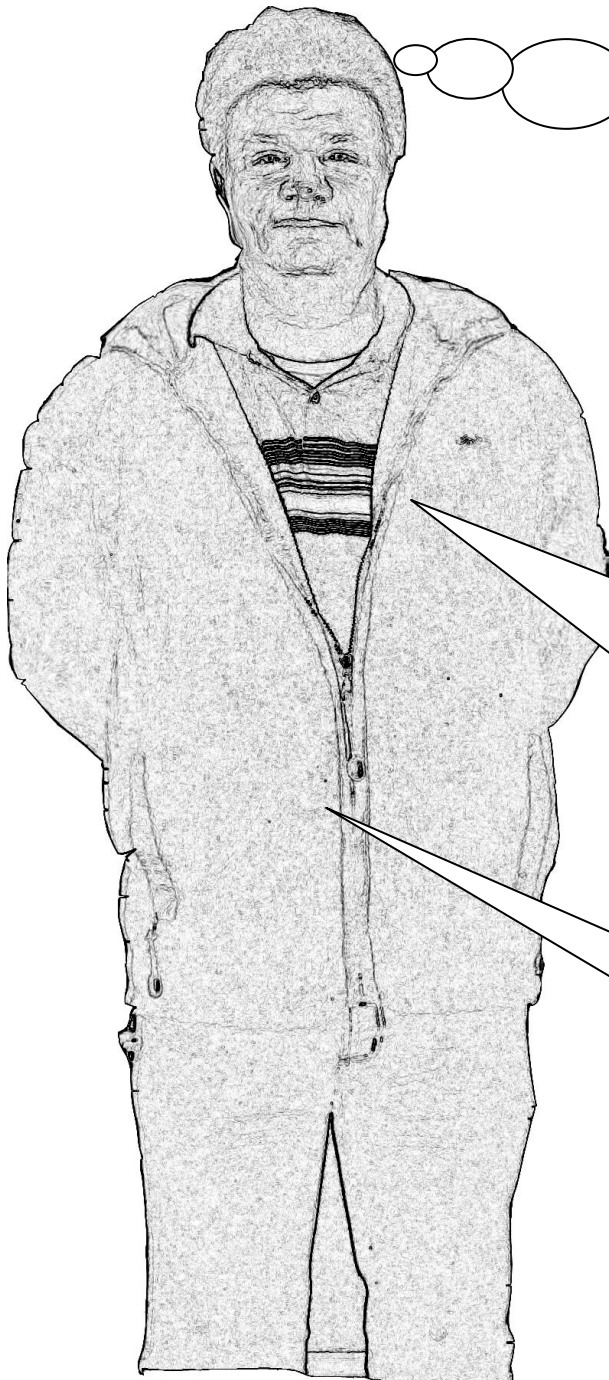


How Your Thoughts Influence Your Feelings and Behaviour

(USEFUL Thoughts influence healthier Feelings and Actions)



Some Useful Thoughts

She's just expressing her feelings
She knows things that I don't know
She can do things that I can't do
Not all women are the same
She just wants my help

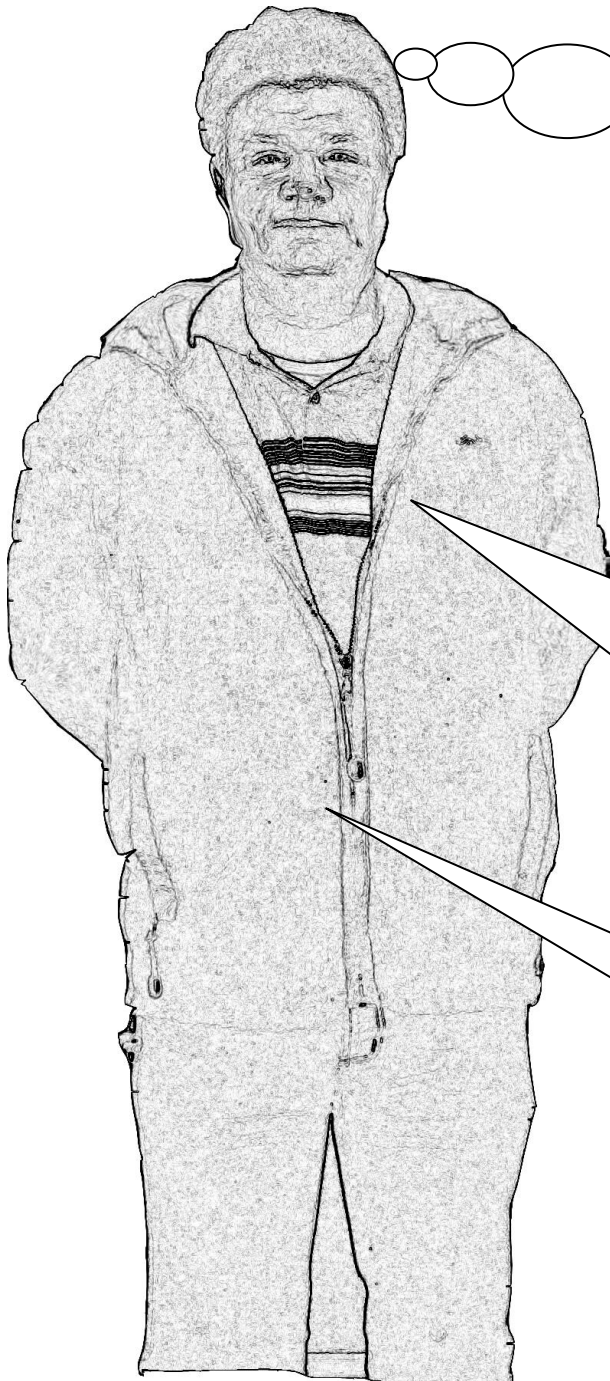
Feelings

Grateful
Respectful
Pleased
Happy
Confident

Behaviour / Actions

Recognize her feelings
Support her
Encourage her
Treat her like someone special
Help her

(UNHELPFUL Thoughts Influence Unhelpful Feelings and Actions)



Some Unhelpful Thoughts

She's such a nag
She's so stupid
What does she know?
Women are just after your money
They are so demanding

Feelings

Anger
Frustrated
Resentful
Paranoid
Pressured

Behaviour / Actions

Yell / scream
Throw / break objects/ Hit her
Verbal abuse, put downs
Spending time with boys, not helping



**How you think about yourself, other people and the world
Is a Choice.**