

## Patterns Tool

The Patterns Tool helps you understand how your thoughts, feelings and behaviours are all connected, and how you can make small changes that can have a big impact. To find out more join a SMART meeting.

**Activating event:**

What triggered your urge or emotional upset?

**Belief about event - irrational:**

What I believe about **A**. Reflect on the irrational demand - what was going through my mind?

**Consequence of my irrational belief:**

How does **B** - my irrational belief make me feel?

**Dispute my irrational belief:**

A more helpful belief about **A** that replaces the irrational belief.

**Effective change in my thinking:**

How I feel and act as a result of **D** - my new rational belief about **A**.