

## What I am thinking:

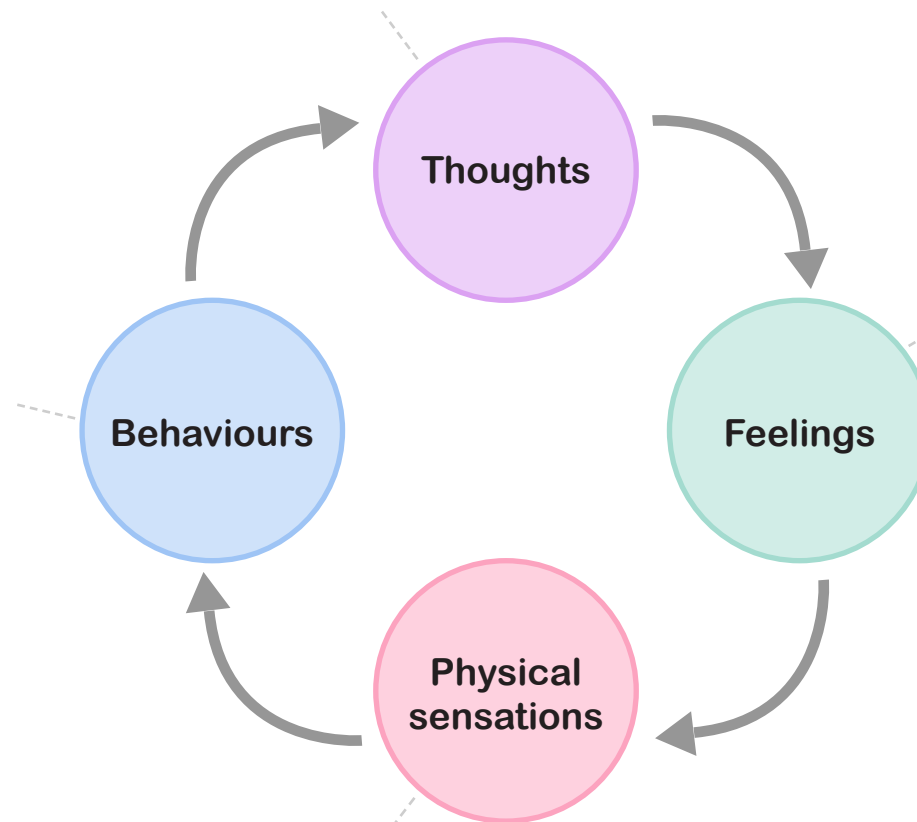
'I am useless or rubbish', 'I am a bad mother', 'I am not good enough', 'It's my fault.'

## What I am doing:

Feelings create behaviours - negative feelings could make us want to self-harm.

Self-harming may give some quick temporary release but can then cause more distress and make negative thoughts and feelings even worse.

How we behave reinforces our thoughts and feelings so the cycle continues.



## What I am feeling:

Thoughts create feelings - feel frightened, angry, scared, anxious, guilty, insecure, hopeless or overwhelmed.

## How my body reacts:

Thoughts and feelings trigger a physical response - Dry throat, heart pounding, butterflies in stomach, dizzy, tearful, sweat, feel hot and red, feel restless, tense muscles or shallow breathing.