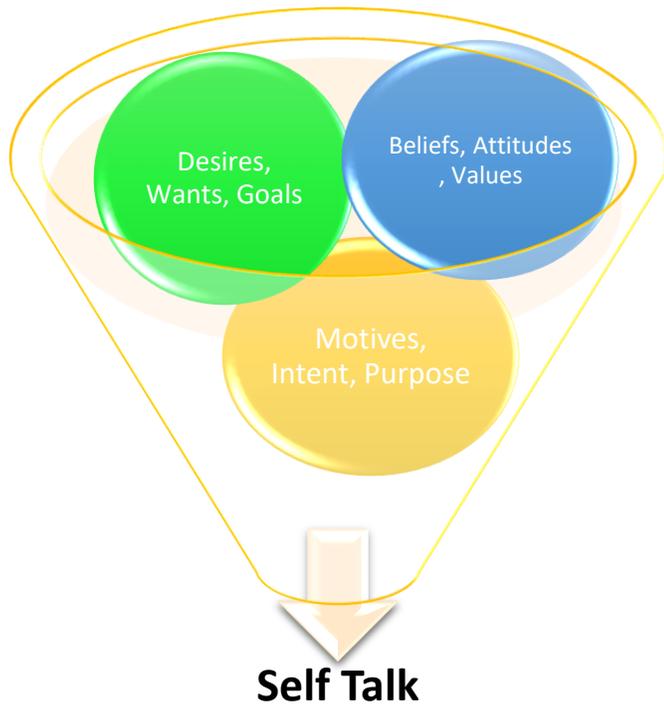
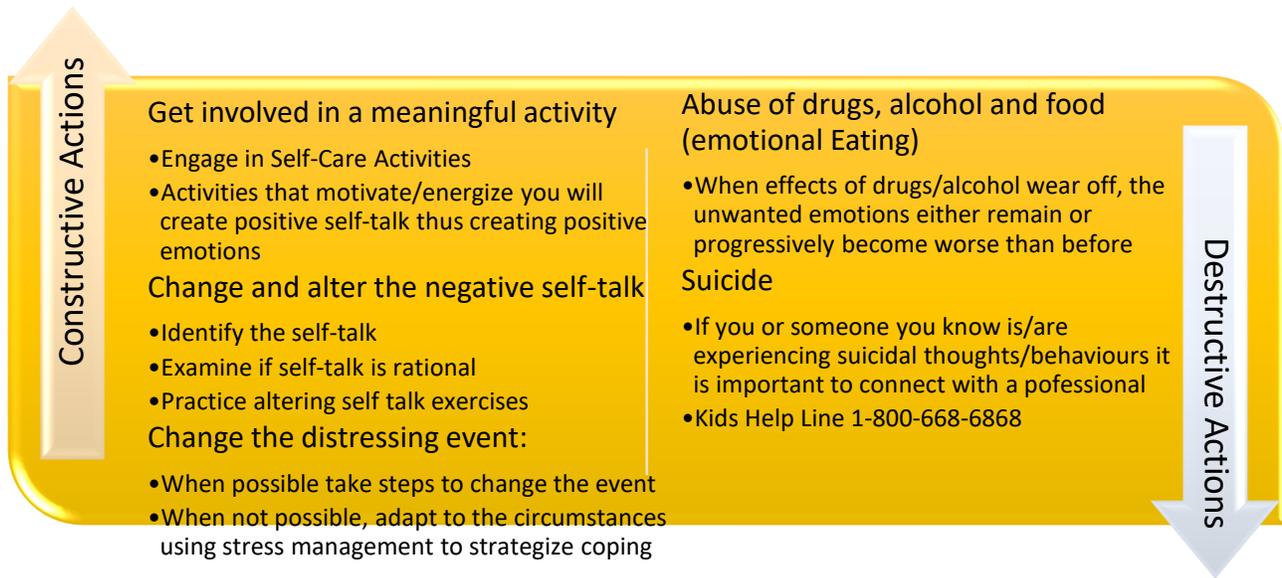




# Changing Unwanted Thoughts Emotions and Behaviours

Changing our unwanted thoughts and emotions is an on-going process that involves incorporating regulating our emotions and stress management. There are five methods to change an unwanted emotion. Three are constructive versus two that are not. Although we cannot change unpleasant events, we still have control over what we tell ourselves about those events. What we tell ourselves results in the emotions we experience and then the behavior we exhibit.



## What is Self-Talk

Self-talk is that little voice in our heads that tells us about what's right and wrong, what we want and don't want, etc. Sometimes it is referred to as an inner monologue. When we engage in conversations and events with people we have a dialogue happening within our minds. We create ideas and thoughts about the world around us and about ourselves. These thoughts about ourselves create the feelings we have about our worth which then creates the behavior we express. Having positive self-talk helps individuals experience positive emotions and express positive behaviours. When we are able to see and speak in positive terms we are able to change from reacting to unpleasant events to responding to the events without jeopardizing our positive feelings, thoughts and emotions about ourselves.