



# Respectful Futures

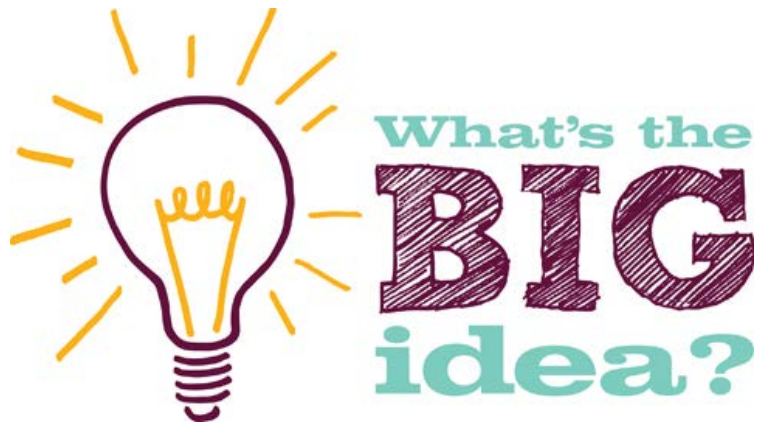
Shaping Healthy Relationships



# Module 2

## Links Between Thinking, Feeling, and Behaviour

# Big Idea



Understanding our own emotional responses to stress and stressors is an important part of gaining control of our lives and maintaining healthy relationships.

# ABCDE Model

**A**  
stands for **Action or event**

- Life happens.
- Such events are **outside** our control.



# ABCDE Model

## B stands for Beliefs

- Our beliefs are our attitudes or thoughts: what we tell ourselves about what is happening.
- What we tell ourselves is **within** our control.



# ABCDE Model

## C stands for Choices

- The options we have for responding
- What we choose is **within** our control.



# ABCDE Model

## D stands for Decisions

- Reacting is habitual, instinctive, and thoughtless, while responding is deliberate and thoughtful.
- How we decide to behave or what we decide to say or do is **within** our control.



# ABCDE Model

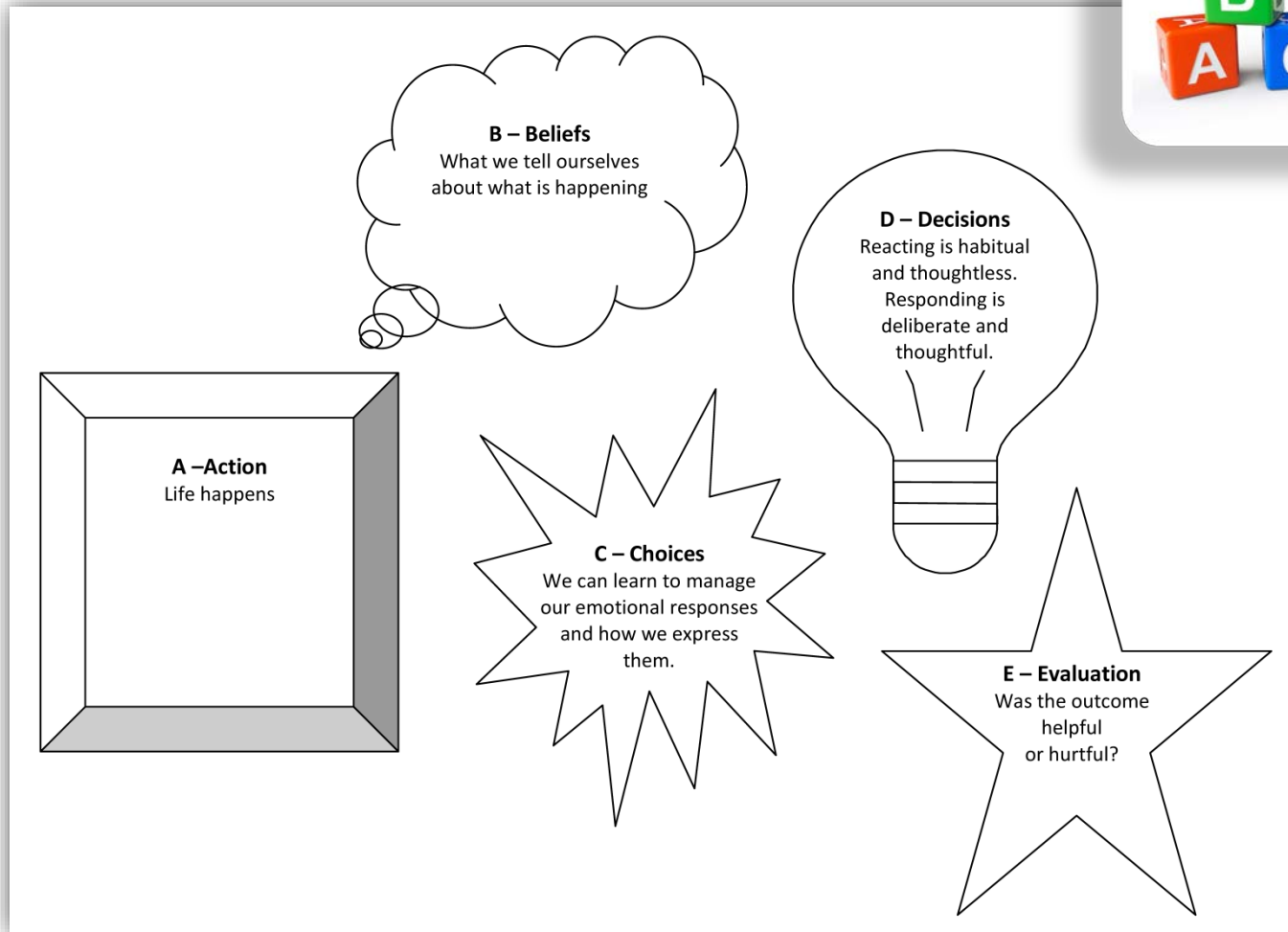
## **E** stands for **Evaluation**

- Was the decision helpful or hurtful?
- A relationship can be supported or diminished depending on how we respond or react.





# ABCDE Model



# ABCDE – Example



<b>A – Action</b> Life happens.	<b>B – Beliefs</b> What we tell ourselves about what is happening	<b>C – Choices</b> What are my choices?	<b>D – Decisions</b> Do we <i>react</i> (habitual and thoughtless) or <i>respond</i> (deliberate and thoughtful)?	<b>E – Evaluation</b> Was the outcome helpful or hurtful?
<b>Negative Thinking = Negative Self-talk – Creating chaos</b>				
Daniel posts something on social media.  Greg “likes” the post and adds fuel to the fire.  Jordan is angry.	You’ve got to be kidding. What the ...? How dare they! They’re ganging up on me.	They can’t talk like that and still be my friends.	I post something mean to teach them a lesson.	Hurtful. I am hurt. My friends are hurt, and neither of them is talking to me.
	<b>Positive Thinking = Positive Self-talk – Creating calm</b>			
	OMG! That hurt! I hope that they were just excited and got carried away.	I could sit here feeling hurt and angry, or meet up and talk with my friends.	I met with my friends and talked it out.	Helpful. I understand that their intention wasn’t to hurt me. They understand that the impact was hurtful.

# ABCDE – Your Turn



<b>A – Action</b> Life happens.	<b>B – Beliefs</b> What we tell ourselves about what is happening	<b>C – Choices</b> What are my choices?	<b>D – Decisions</b> Do we <i>react</i> (habitual and thoughtless) or <i>respond</i> (deliberate and thoughtful)?	<b>E – Evaluation</b> Was the outcome helpful or hurtful?
<b>Negative Thinking = Negative Self-talk – Creating chaos</b>				
<b>Positive Thinking = Positive Self-talk – Creating calm</b>				

# Two Wolves



One evening an old man was sitting around a fire with his grandson. “My son,” the old man said, “There is a battle that goes on within each one of us. It is a battle between two wolves.”

# Two Wolves



“One of the wolves is unwise. It is the wolf of anger, jealousy, regret, greed, arrogance, self-pity, shame, and resentment.”

# Two Wolves



“The other wolf is wise. It is the wolf of peace, love, hope, kindness, empathy, generosity, truth, and compassion.”

# Two Wolves



The old man's grandson sat in silence and thought for a minute about what had been said. Then, looking up, he asked his grandfather, "Which wolf wins?"

# Two Wolves



The old man simply stared into the fire and replied, “The one you feed.”



# Two Wolves – Some Questions



- What do you suppose the old man meant when he said, “The one you feed”?
- What is the effect of having the angry wolf get all the food?

# Two Wolves – Some Questions



- Which wolf is being fed when you watch TV, go on social media, or listen to others? How do you see the consequences and effects playing out?

# Two Wolves – Some Questions



- How do you resist being pulled into feeding the angry, unwise wolf when others around you are feeding it?

# Two Wolves – Some Questions



- What advice would you give yourself and others about feeding the wolves? How do you see the advice as supporting a happy and positive relationship with others?

# Green

Green is an attitude that suggests I value myself and the world/people around me. I take myself into consideration, but I also care how others are impacted.

I make a very strong effort to ensure that I value myself and others when I make decisions.



# Red

Red thinking is really all about me: What I want is important, and I really don't care what you think or what you need. It becomes all about me, I matter you don't.

People who have red attitudes are more concerned about themselves than others..



# Blue

Blue attitudes represent an attitude of 'I am not important'. This way of thinking has a strong focus on everyone else.

Some people refer to a person with this type of attitude as a doormat (you let others walk all over you).



# Purple

Purple attitudes present as being somewhat chaotic. There is no equality or respect.



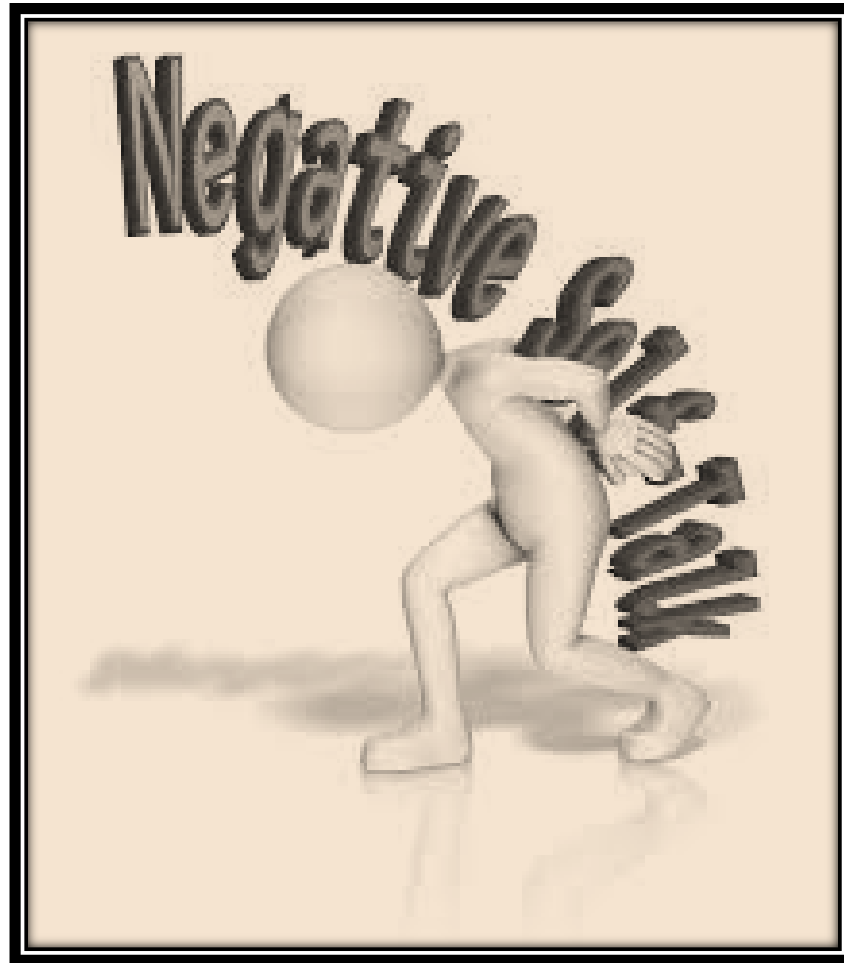


# Green

Green is an attitude that suggests I value myself and the world/people around me. I take myself into consideration, but I also care how others are impacted. I make a very strong effort to ensure that I value myself and others when I make decisions.



# Negative Thinking = Negative Self-Talk: Creating Chaos



# Positive Thinking = Positive Self-Talk: Creating Calm



# Reaction versus Response

Life happens. Things happen.  
How you behave is critical.

