

## *The Feeling Thought Connection*

*“Something’s not going my way,”* unmet expectation creates **MAD** feeling.

*“This is a loss,”* perceiving or thinking about loss creates **SAD** feeling.

*“I think I’m doing something wrong,”* conflict with morals creates **BAD** (guilt) feeling.

*“Negative consequences ahead,”* predicting a negative consequence creates **FEAR** feeling.

*“This is going my way...”* creates a **GLAD** feeling.

*“This is what I have...”* creates a **GLAD** feeling.

*“I am proud of myself for this reason...”* creates a **GLAD** feeling.

*“This is what I am looking forward to...”* creates a **GLAD** feeling.