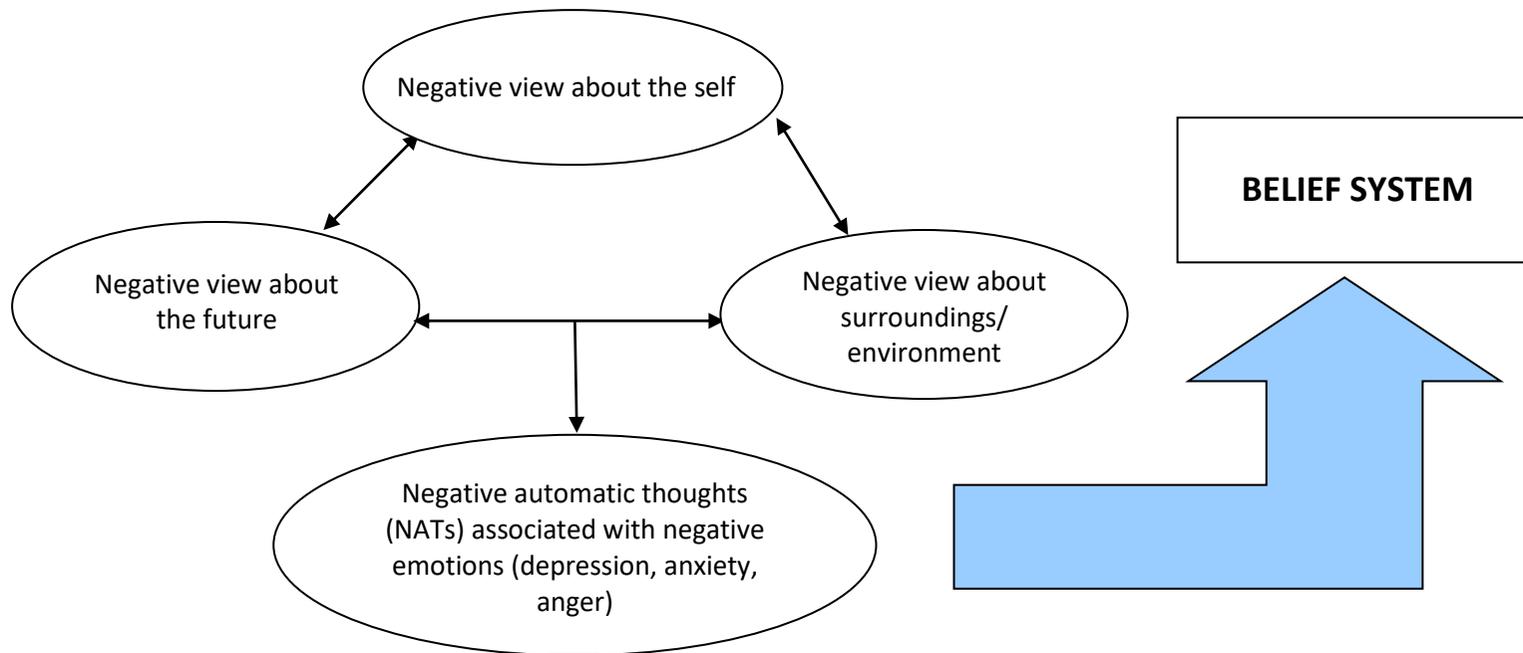


## UNDERSTANDING HOW OUR THOUGHTS INFLUENCE OUR BELIEF SYSTEM AND OUR EMOTIONS



Cognitive themes in triads (self, future, surroundings)		Emotions
Triads	Sense of self as worthless or inadequate, with negative view of world and viewing the future as hopeless.	Depression
	Sense of vulnerability, perception of the environment as chaotic, and the future as unpredictable.	Anxiety
	Sense of personal injustice, perception of the environment as hostile, a need to act to protect self from future harm.	Anger