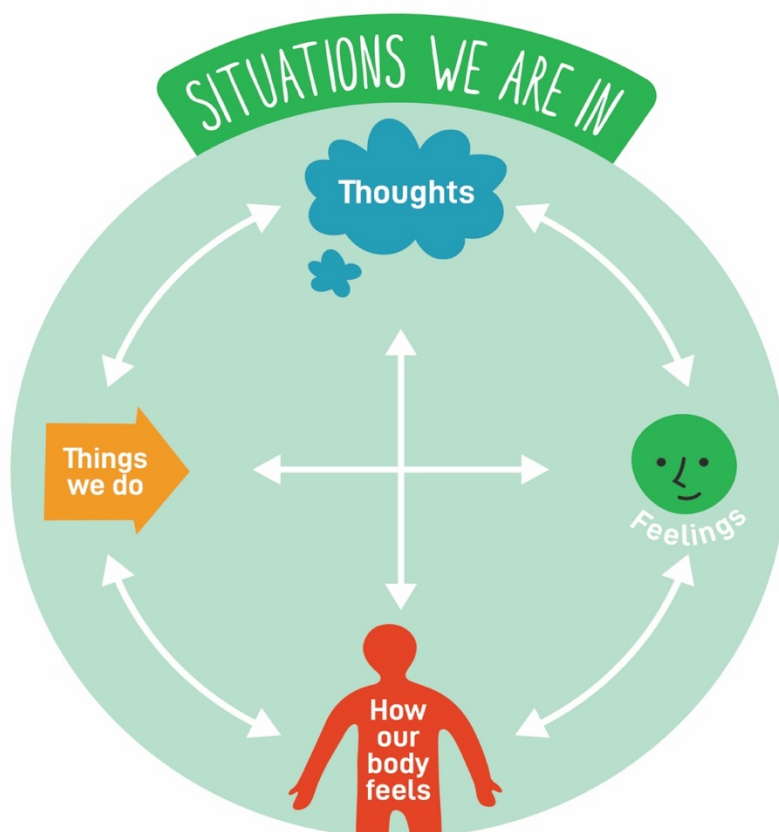


# The CBT Hot Cross Bun

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This is one way of thinking about how our thoughts, feelings, actions and how our bodies feel are all interlinked. If you change one thing you can change all the others.



You can fill in your own thoughts, feelings, body sensations and actions, if you'd like to. Sometimes changing one bit of the cycle can make a big difference. For example, the same situation can result in different thoughts, which can make us feel different emotions.

Downloadable for free from [www.lucymaddox.co.uk/resources](http://www.lucymaddox.co.uk/resources)

Created to accompany the book 'What is Mental Health?' by Dr Lucy Maddox