

Running the session:

Intro: Our reality and actions are a product of our thoughts and emotions. Our thoughts cause us to have certain emotions, this in turn causes an action (behaviours) that leads to our reality. (TEAR) This reality also know as results or outcomes, then reinforce our thoughts and these become our beliefs and our habits.

By increasing our awareness of our thoughts and understanding which ones are helpful and which are unhelpful, we can begin to break old habits and start to form new positive ones.

This buzz session will help you recognise your current thoughts and how these impact your current reality . At the end of the buzz, ask the question “ How can you think differently and what impact would this have?”

Theory:

Your mind is very powerful. Yet, if you're like most people, you probably spend very little time reflecting on the way you think. After all, who thinks about thinking? Thoughts are sentences in your head. Human beings have approximately 60,000 thoughts per day and most of our thoughts go unsupervised

But, the way you think about yourself turns into your reality. If you draw inaccurate conclusions about who you are and what you're capable of doing, you can limit your potential. Managing our thoughts and emotions can lead to more positive actions and therefore a more positive reality.

Thoughts and Emotions Management



Thoughts and Emotions Management

Challenging thoughts

This buzz session increases your awareness of your thoughts and the impact that they have. This session can be used for individuals or groups, virtually and face to face.

Time: 10 - 15 minutes

Resource: Paper and pens
TEAR Model Slide



1. This session introduces the TEAR Model - Thoughts, Emotions, Actions and Reality. It will explore how thoughts impact our reality.

Let people know that everybody goes through this cycle and that as human beings we have on average 60,000 thoughts a day.

2. Share the slide below introducing TEAR. Talk through the slide explaining how they are all linked. Give them a couple of personal examples of both positive and negative thoughts and the impact on emotions, action and reality.

3. As individuals encourage them to identify a time when they thought negatively about a situation and using the TEAR model ask them to write down the scenario. At this stage people can be split into small groups or pairs to talk through examples.

4. Next ask them to re-visit the same scenario and encourage them to think how they could have thought differently, in a more helpful way. Using the TEAR model ask them to rewrite the scenario in a positive way. This is called reframing.

5. Ask them to share their scenarios and what they have learnt from it. Discuss how the TEAR model can help raise awareness of our thought processes and also enable us to learn from past outcomes. The TEAR model can be used a tool to monitor our thoughts and reality on a regular basis, which will increase or awareness.

