Sleep to Healthy - CBTi - Helpful Circle of Action Sleep Better Feel Better Sleep improves, feel Healthy **Be Better** more confident, less irritable, relationship improving Control: Still sleepy, still You can control your thoughts and your actions. irritable, still You cannot directly control your emotions or the deteriorating. thing you observe - consequences of your actions. The Thing you Observe: I am irritable with my partner and our relationship is not going well. **Thoughts: How you interpret The Behavior: Your** Thing: Continue with CBTi takes time, the CBTi works, I can do action: I am irritable because I'm method is well proven, **CBTi** this, Implement CBTi.. not sleeping well. I might lose the person I love, I am not a good person, . **Emotions:** Abandonment, fear, lonely, vulnerable, discouraged... Emotions: You need emotions Common Stressful Emotions: Fearful, confused, to make personal (nonfrustrated, angry, annoyed, exasperated, upset, business) decisions.Otherwise, ashamed, defeated, desperate, disappointed, Hopeful, encouraged, why choose one thing or action discouraged, exhausted, gloomy, guilty, helpless, over another? resiliance, some fear hopeless, miserable, powerless, vulnerable, confused, distrustful, embarrassed, skeptical, and doubt. tense, burned out, defeated, distressed, fatigued, frustrated, inadequate, lonely, paralyzed, alarmed, anxious, cautious, fearful, nervous, restless, scared, sad, discouraged, lonely, pessimistic, abandonment