

Q) A man is but the product of his thoughts what he thinks he becomes.

A) The statement given above is absolutely correct. A person is said to become what he actually thinks and what his/her thoughts are. A person's thoughts further are reflected in his actions, behaviours, feelings, morals, ethics etc. and these are good enough to define who or what a person actually is. We can conclude this in a more precise manner by with the help of cognitive process model.

Cognitive process:-

i) Cognitive process includes the following components:-

i) Thoughts:-

These are basically the responses towards a particular situations which one gets

in his/her mind.

ii) Knowledge:-

Knowledge is basically a deep information a person has regarding a particular subject.

iii) Judgement:-

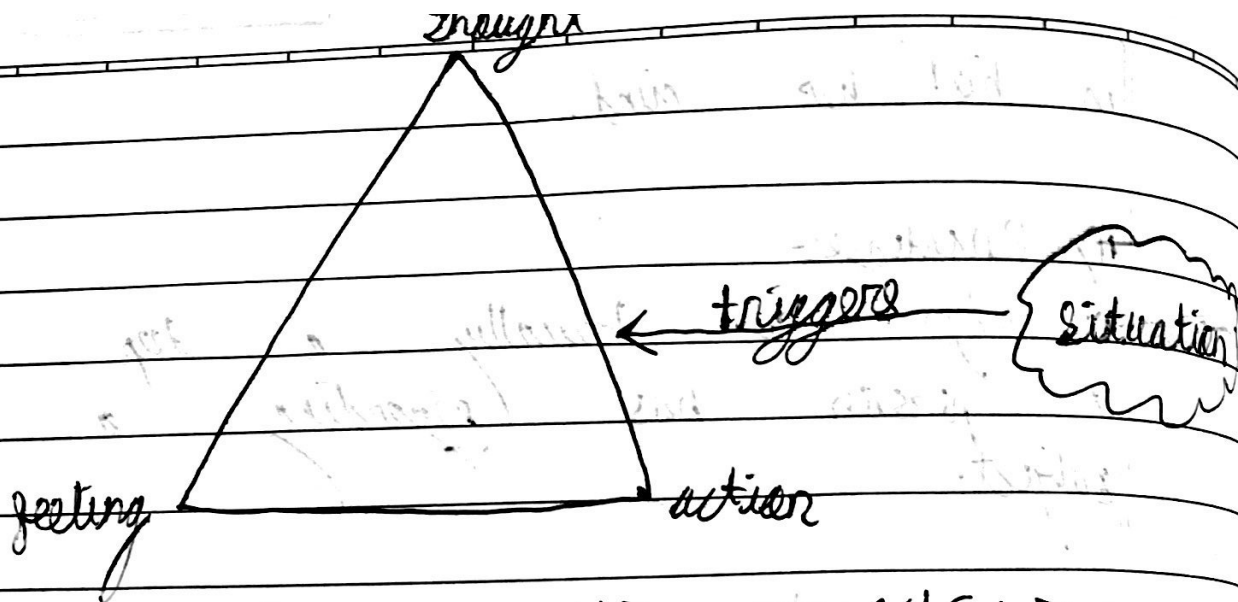
Judgement is analysis or interpretation about a particular thing, situation or a person.

iii) Problem solving:-

It is the ability of an individual to solve a problem efficiently.

2) Cognitive process forms the basis of the cognitive triangle behavioural therapy.

3) Cognitive behavioural therapy can be well understood by the cognitive triangle.



COGNITIVE TRIANGLE

Cognitive triangle depicts how thoughts, feelings and actions are interlinked with each other.

Ways by which thoughts influence our behaviour:-

- 1) Behaviour is how a particular person responds to a situation.
- 2) Behaviour of a person is ~~seen~~ visible in the way he ~~is~~ talks, does something, chooses not to do something, etc.
- 3) Behaviour of a person is said to



be developed by long term thought process of a person.

4) The thinking patterns of a person is reflected in his/her behavioural activities such as what he does, what he speaks, how he/she responds etc.

Importance of positive thinking:-

1) If an individual has a positive thought pattern then it will be visible in his behavioural pattern also & he will consequently have a better behaviour.

2) A person having a positive thought pattern will create a positive environment.

3) A person having a positive thought process will be happier and will be able to solve problems in a better manner.