

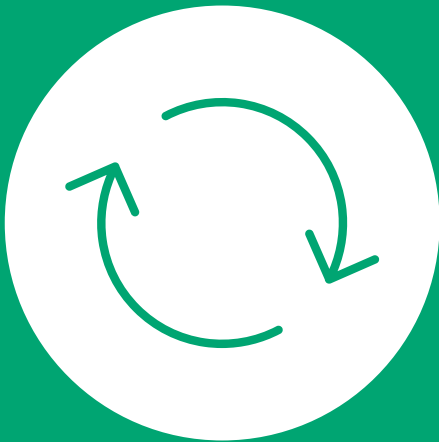
VICIOUS CYCLE

Vicious cycles patterns of behaviour that aren't helpful to us.

Vicious cycles often start early in our lives, when we don't have control over what's happening to us.

Vicious cycles are driven by thoughts and feelings. For every action there is a cost or gain.

The first step to breaking a vicious cycle is being aware that you are in one.



VICIOUS CYCLES

As we get stuck in a vicious cycle we make it mean things about ourselves and the world.

By believing these thoughts we create beliefs that define our lives, e.g. 'I am unlovable, I am stupid, life is unfair'

The vicious cycle can be broken by changing our thoughts and actions to create an empowering cycle. This takes motivation and practise.

In a vicious cycle the gains are short-term and the costs are long-term. When the cycle is broken the gains may be long-term and the costs may be short-term.

