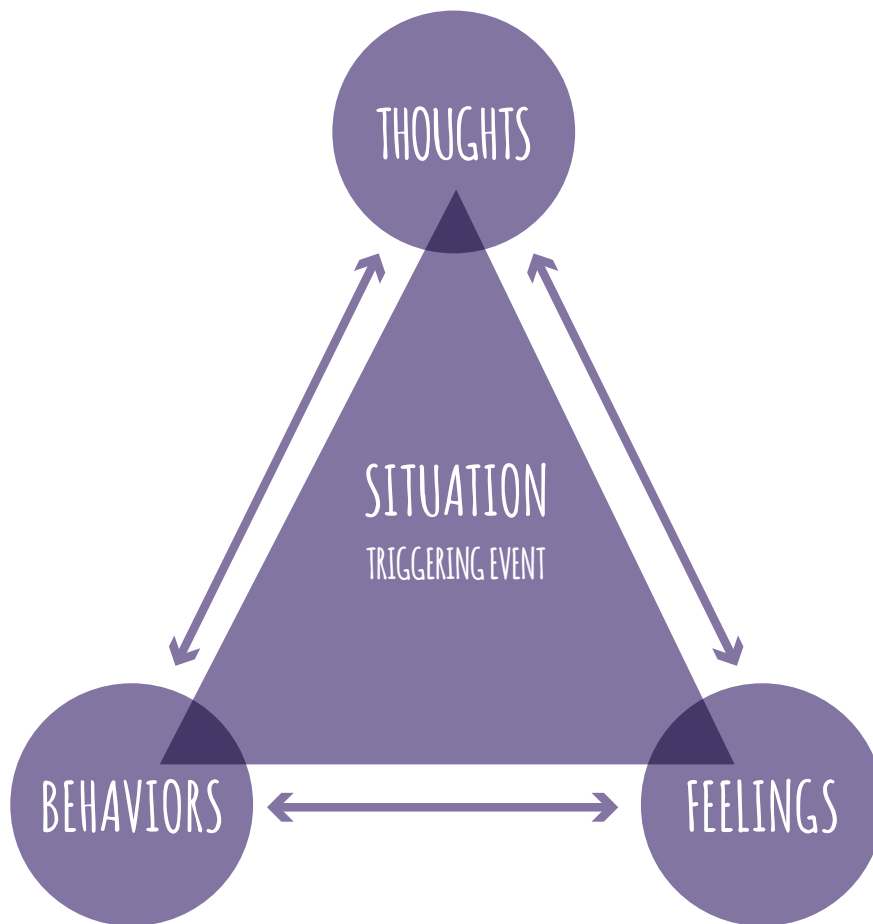


The Cognitive Triangle

Situations > Thoughts > Emotions > Behaviors

The Cognitive Triangle is a simple yet powerful tool in Cognitive Behavioral Therapy. By understanding the connection between a situation, our thoughts about it, the feelings it evokes, and our subsequent behaviors, we can start reshaping our reactions and improve our overall well-being.



Situation/Triggering Event is anything that happens that triggers you and it begins the cognitive triangle. Thoughts are how you interpret the situation. Emotions are how you feel about the triggering event. Behaviors are how you respond to the situation.

The Cognitive Triangle

Situations > Thoughts > Emotions > Behaviors

Write out the situation, and as objectively as you can, write out your thoughts, emotions and behaviors surrounding the situation.

Situation

<hr/> <hr/>

Thoughts	Emotions	Behaviors

Consider how what you are **thinking** is making you **feel**, and then **behave**. Write out your observations: how do you think your thoughts are driving your feelings and behaviors?

<p>My thoughts ...</p> <hr/> <hr/>

Consider how the cycle of **thoughts > feelings > behaviors** could be different. Write an alternate way your thinking could have been in this situation and what the resulting feelings and behaviors would have then looked like.

<p>Alternate thoughts > feelings > behaviors could have been ...</p> <hr/> <hr/> <hr/> <hr/>
--