

* CBT: Cognitive Behavioral Therapy *

Situation

A **situation** is anything that happens in your life, which triggers the cognitive triangle.



Thoughts

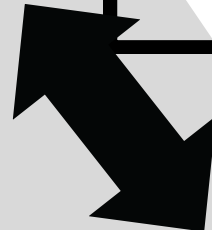
Thoughts are your interpretations of a situation. For example, if a stranger looks at you with an angry expression, you could think: "Oh no, what did I do wrong?" or "Maybe they are having a bad day."

Behaviors

Behaviors are your response to a situation. Behaviors include actions such as saying something or doing something (or, choosing not to do something).

Emotions

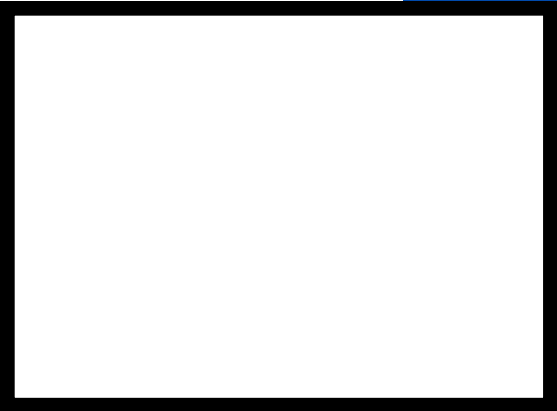
Emotions are feelings, such as happy, sad, angry, or worried. Emotions can have physical components as well as mental, such as low energy when feeling sad, or a stomachache when nervous.



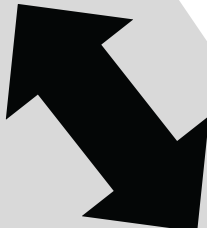
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