

* CBT: Cognitive Behavioral Therapy *

The cognitive triangle shows how thoughts, emotions, and behaviors affect one another. This means changing your thoughts will change how you feel and behave.

Situation

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

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."

Thoughts

Behaviors

Emotions

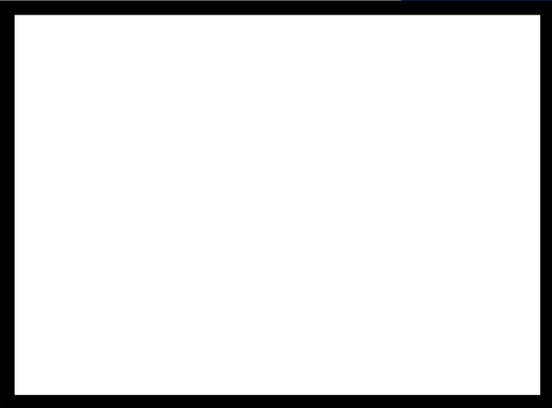
Behaviors are your response to a situation. Behaviors include actions such as saying something or doing something (or, choosing not to do something).

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.

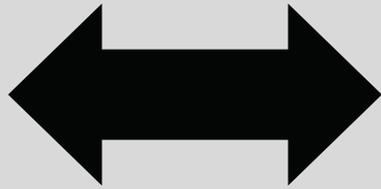
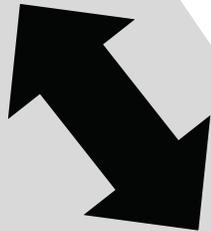
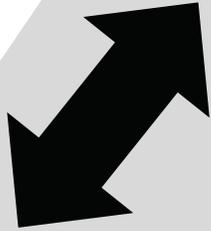
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Situation



Thoughts



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