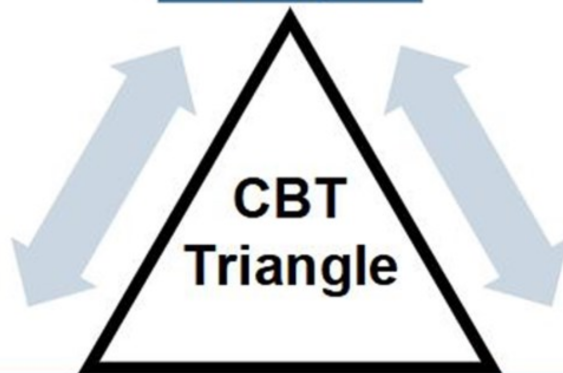


CBT Triangle Worksheet

Event or Situation



Thought



Behavior

Emotion / Feelings

~Emotions are affected by my thoughts and behaviors~

How are my thoughts and behaviors influencing the way I am feeling?

~I cannot directly change my emotions, but I can change my thoughts and behaviors~

What are some alternative ways to think and behave in this situation?