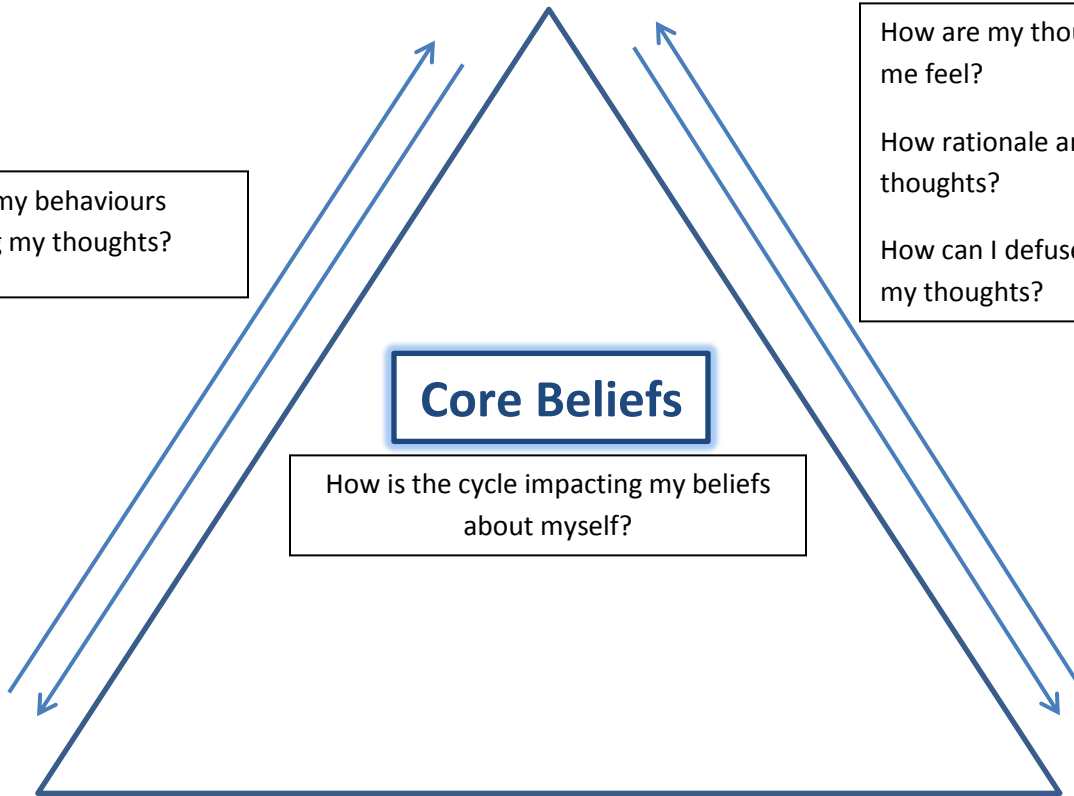


# CBT Triangle

**Event**



**Thoughts**



How are my behaviours impacting my thoughts?

How are my thoughts making me feel?

How rationale are my thoughts?

How can I defuse myself from my thoughts?

**Core Beliefs**

How is the cycle impacting my beliefs about myself?

**Behaviours**

How much are my behaviours in line with my values?

How do my behaviours impact myself? Others?

**Feelings**

What thoughts are causing me to feel this way?

How much am I able to recognize and express my emotions?

How much do I struggle with my feelings?