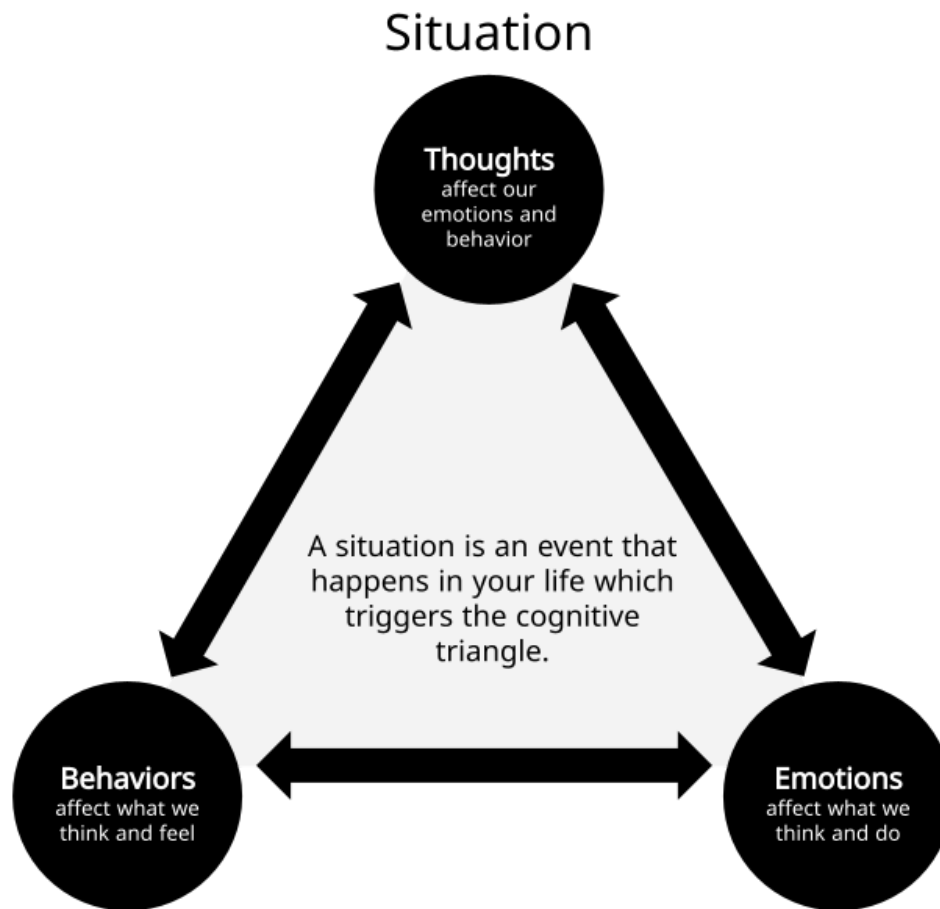


The Cognitive Triangle

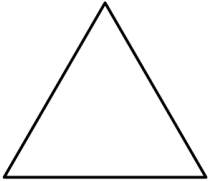


The Cognitive Triangle: Our thoughts, emotions and behaviors are all interconnected. We each have the power to change one of these, which will impact the other two. You can use The Cognitive Triangle (this assignment) to better understand the existing relationship between your thoughts (which are often negative), emotions and behaviors. Additionally, you can also use The Cognitive Triangle (this assignment) to rework a thought, to produce a different emotion, which may result in a different behavior.

reflective

The Cognitive Triangle Worksheet

reflective

Name		Date	
Thoughts  Behaviors Emotions			
What was the Situation? A situation is an event that happens in your life which triggers the cognitive triangle.			
What was the Thought? Thoughts are your personal interpretation of the situation. For example, if a stranger looks at you with an angry expression, you might think, "Oh no, what did I do wrong?" or "Maybe they are having a bad day."	What was the Emotion? Emotions are feelings, such as happy, sad, angry, or afraid. Emotions can have physical aspects, and even mental, such as low energy when feeling sad, or a stomach ache when nervous.	What was your Behavior? Behaviors are your response to the situation. Behaviors include actions such as saying something or doing something (or, choosing not to do something).	
What is an alternative way to behave?			