STRATEGIC COUNSELING
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Cognitive Behavior Triangle Instructions

List your thoughts in the top triangle first, then think about what feelings you have when you think those thoughts and write those in the next rectangle. Then write what behaviors you engage in because of those feelings in the third rectangle. This exercise can help you identify negative patterns and begin to look at where you can break the cycle. Then repeat the exercise again, this time changing the thoughts into more healthy ones and thinking about how that would affect your feelings and behaviors. (If you have trouble coming up with thoughts first, you may start with feelings or behaviors and go from there.)

Example:
Thoughts: I'm not good enough
Feelings: Sad, ashamed, worthless
Behaviors: I give up, I eat too much

Then change the thought:
Thought: I may not be great, but I can keep trying
Feelings: hopeful, motivated
Behaviors: I try again, set new goals, etc.

Form created by Lori Allen, LPC-S April 2020

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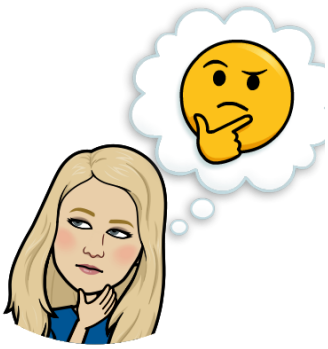
CBT Triangle

Thoughts

Feelings

Behaviors



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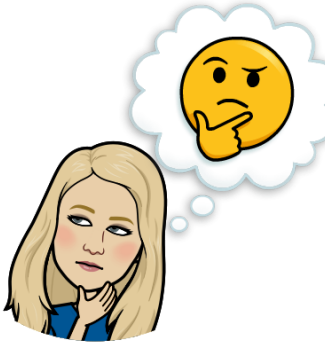
CBT Triangle

Thoughts

Feelings

Behaviors



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CBT Triangle

Use this space to write more about your thoughts, feelings and behavior cycles

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