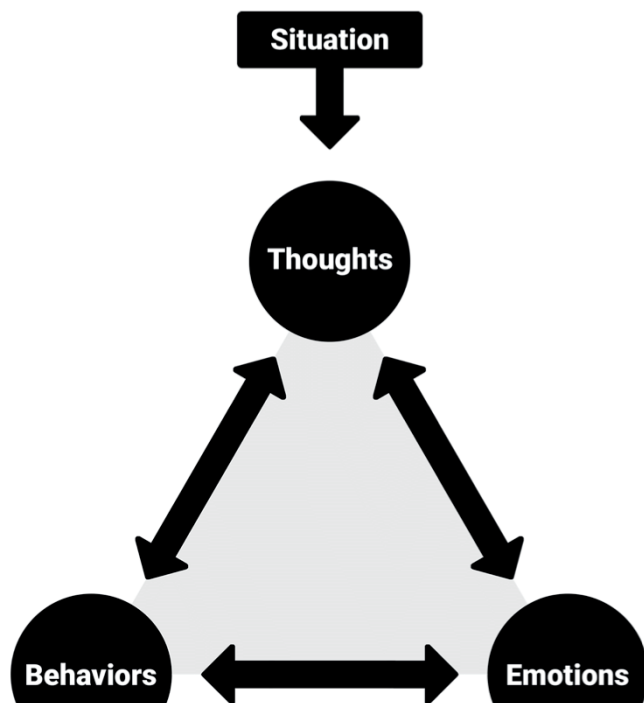

The CBT Triangle

The cognitive triangle shows how thoughts, emotions, and actions interact. By changing negative thoughts to positive affirmations, emotions and behaviors improve. Mindfulness and affirmations can transform mindset for personal growth and mental wellness. This concept is beneficial not only for individuals but also for schools, workplaces, and therapy sessions to unlock potential.

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



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."

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.

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

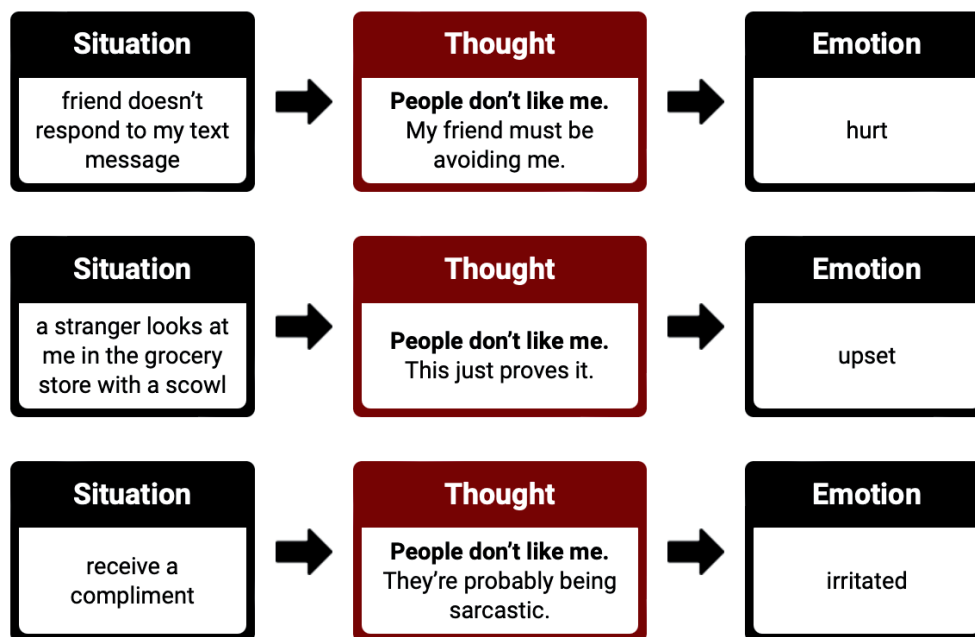
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The CBT Triangle

Have you ever been deeply moved by a movie?

- Perhaps you felt fear as the camera moved through a dark corridor, anger when the villain succeeded, or joy when everything ended well.
- It's fascinating how movies can evoke such emotions, but why is that? We are not physically present in those situations.
- The explanation is quite simple. Fear doesn't come from being in a dark hallway; it's our thoughts about it that trigger fear.
- In essence, your thoughts have the ability to influence your emotions. This is where cognitive behavioral therapy (CBT) plays a role.
- Through CBT, you can recognize thought patterns that lead to negative emotions and problems in your daily life.

By cultivating new thoughts, you can transform how you feel.



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