

THE CBT TRIANGLE

How we feel, what we think, and how we behave are all connected. Changing our thoughts or behaviors is a great way to get a handle on anxiety. For this exercise, notice your thoughts, feelings, and behaviors. If you were to change your negative thinking, how might that have a positive impact on your anxiety?

What am I feeling?

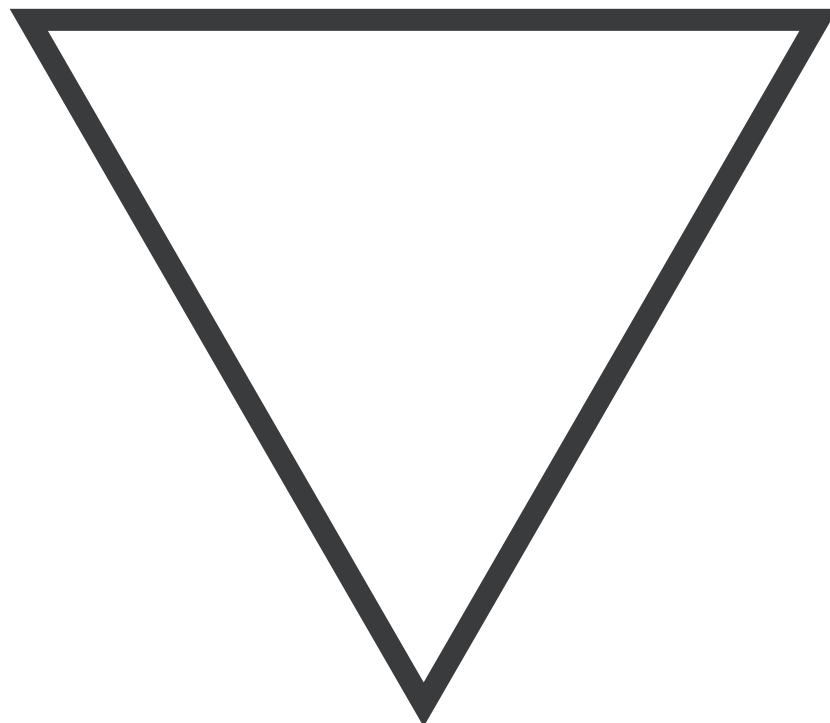
Angry Sad Worried Embarrassed

Jealous Confused Overwhelmed

What am I thinking?

THOUGHTS

FEELINGS



BEHAVIORS

What are my behaviors?
