THOUGHTS, FEELINGS & BEHAVIOR Cycle Out of the Ashes
Reclaim Your Flame

This Thoughts, Feelings and Behavior Cycle works as a starting point to help you become aware of your thinking processes and how these relate to your feelings and emotions.

The CBT Triangle illustrates the relationship between our thoughts, our feelings, and our behaviors and how they are all linked.

THOUGHTS

What we think affects what we feel and do.

FEELINGS

How we feel affects what we do and think.

BEHAVIOURS

What we do affects how we think and feel.