

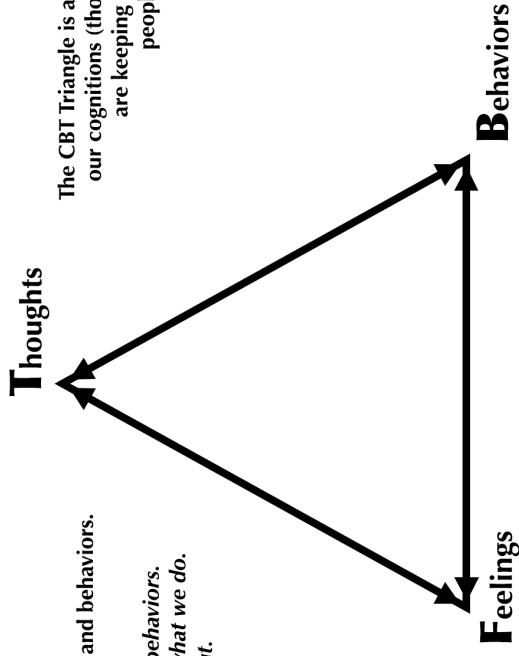
Find Your Strategies

Using the CBT Triangle Model to find what works specifically for YOU!

The CBT Triangle is a model that visually represents the core principle of Cognitive Behavioral Therapy: the connection between thoughts, feelings, and behaviors.

The model shows how each component influences the other two:

- Negative thoughts may spark big feelings and/or lead to unhelpful behaviors.
- Difficult emotions can trigger intrusive thoughts and/or influence what we do.
- And what we do impacts how we're feeling and what we think about.



The CBT Triangle is a tool that can help us better understand how our cognitions (thoughts and feelings) and connected behaviors are keeping us stuck, and is often used in therapy to help people break through unhealthy patterns to foster a more balanced mental and emotional state.

Instead of focusing the negative stuff, today, we're going to map out what's happening *when you're at your BEST!*

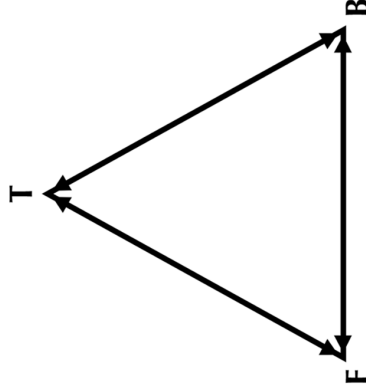
But before we do that, it is helpful to get an idea what this looks like when things are not going well.

Step 2: Write down 2- 3 common thoughts that come up for you when experiencing these emotions

- Ex: "they probably won't like me" 1. _____
- "what am I going to do?" 2. _____
- "I can't..." 3. _____

Step 1: Identify 2-3 difficult emotions you have been experiencing lately

- Ex: *Anxious* _____
1. _____
2. _____
3. _____



Step 3: Make a list of some of the things you do when thinking and feeling this way.

- Ex: *Procrastinate* _____ *ignore text messages...* _____
- _____
- _____
- _____
- _____

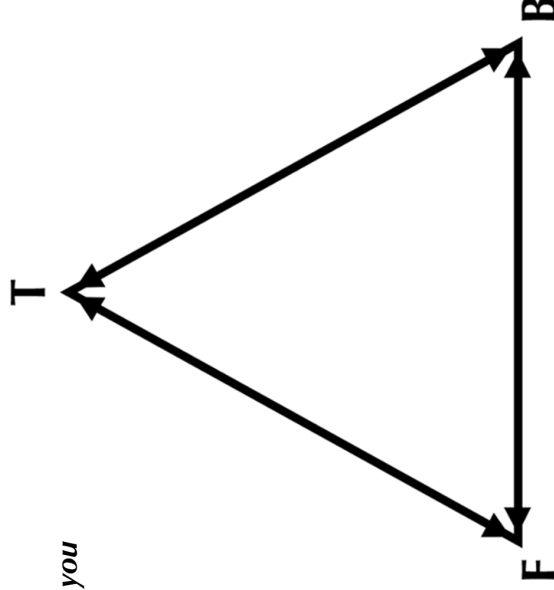
When You Are (or were) At Your BEST

"I can do it"

Step 2:

*What thoughts come up for you
when feeling that way?*

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Step 3:

*What are you doing when
thinking and feeling at your best?*

Step 1:

*Circle any and all emotions
you experience when at your best
and/or fill in the blanks below:*

Calm	Hopeful
Peaceful	Helpful
Happy	Compassionate
Joyful	Focused
Excited	Funny
Grateful	Energetic
Motivated	Confident
Inspired	Proud
Powerful	Secure
Strong	Loved
Creative	Belonging
Intelligent	Supported

*These actions and behaviors are the things you already do
(or have done) that work.*

These are your natural coping strategies!



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