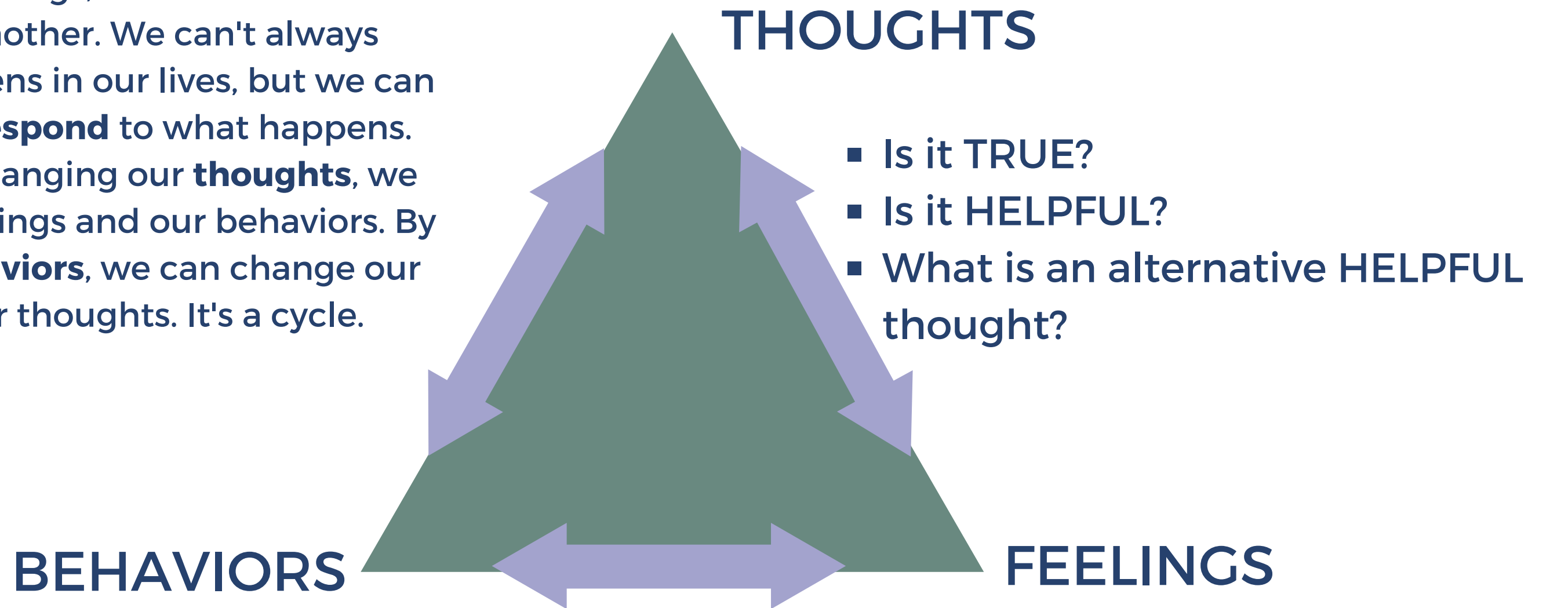


Cognitive-Behavioral Triangle

Our thoughts, feelings, and behaviors all influence one another. We can't always change what happens in our lives, but we can change **how we respond** to what happens. For example, by changing our **thoughts**, we can change our feelings and our behaviors. By changing our **behaviors**, we can change our feelings and our thoughts. It's a cycle.



- What was my behavior?
- What would the **OPPOSITE** behavior be?

- Where do I **FEEL** it in my body?
- **LABEL** the emotion.
- Take a breath.

Example: Fear of heights

This is an example of **unhelpful and untrue thoughts** that influence **feelings** and **behavior**.
Start at #1.

1. THOUGHT

"I'm going to fall off this ladder and die."

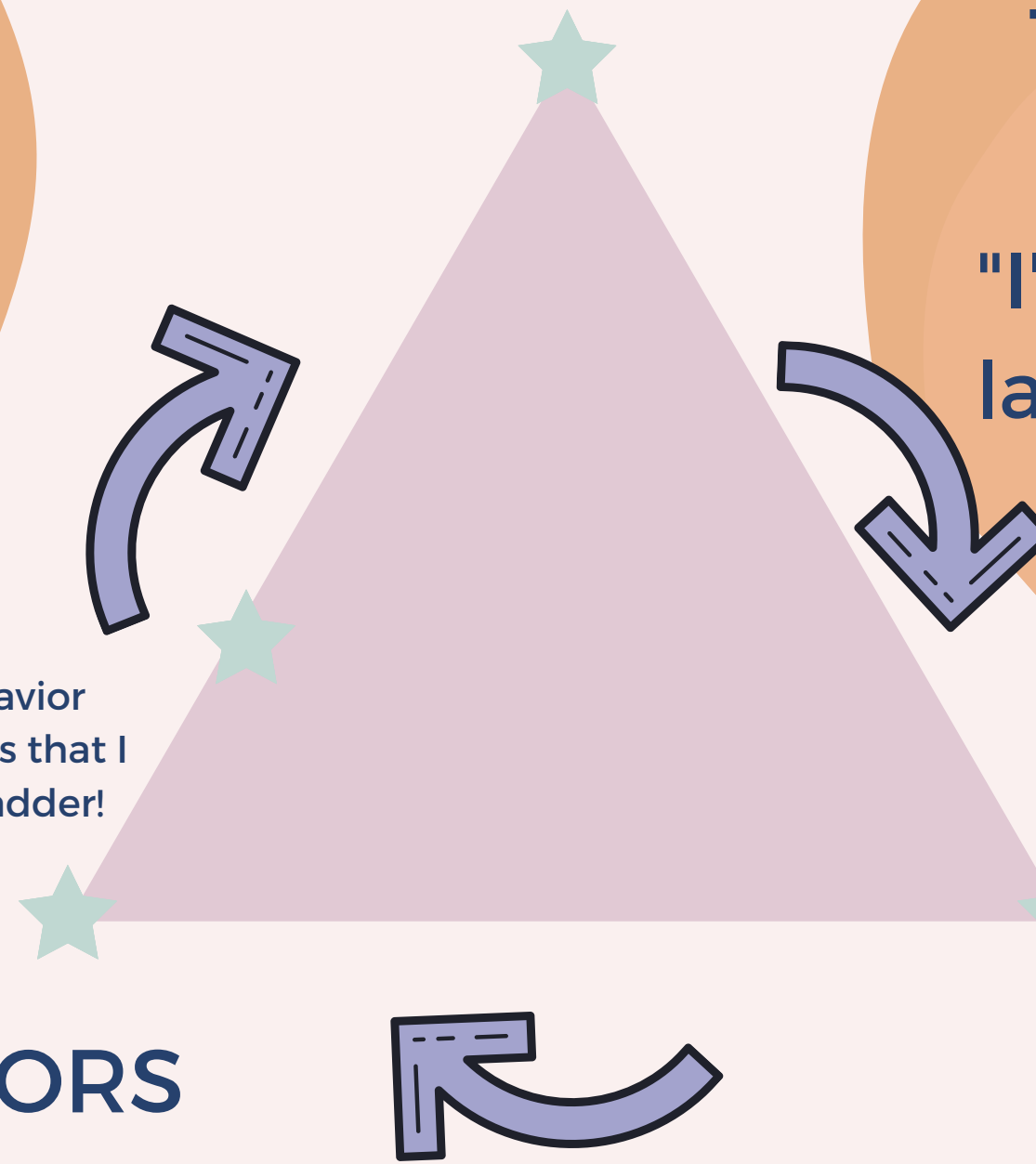
Because I got off the ladder, my behavior reinforces my thoughts. My brain learns that I should be scared of heights and the ladder!

2. FEELINGS

"I feel terrified."

3. BEHAVIORS

"I get off the ladder ASAP"



Example: Fear of heights

Example of how we can CHANGE our **unhelpful or untrue thoughts** to change our feelings and behaviors. Start at #1.

Because I remained ON the ladder, my behavior reinforces my **helpful thoughts**. My brain learns that I'm safe, and my "helpful thoughts" muscle gets stronger!

1. THOUGHTS

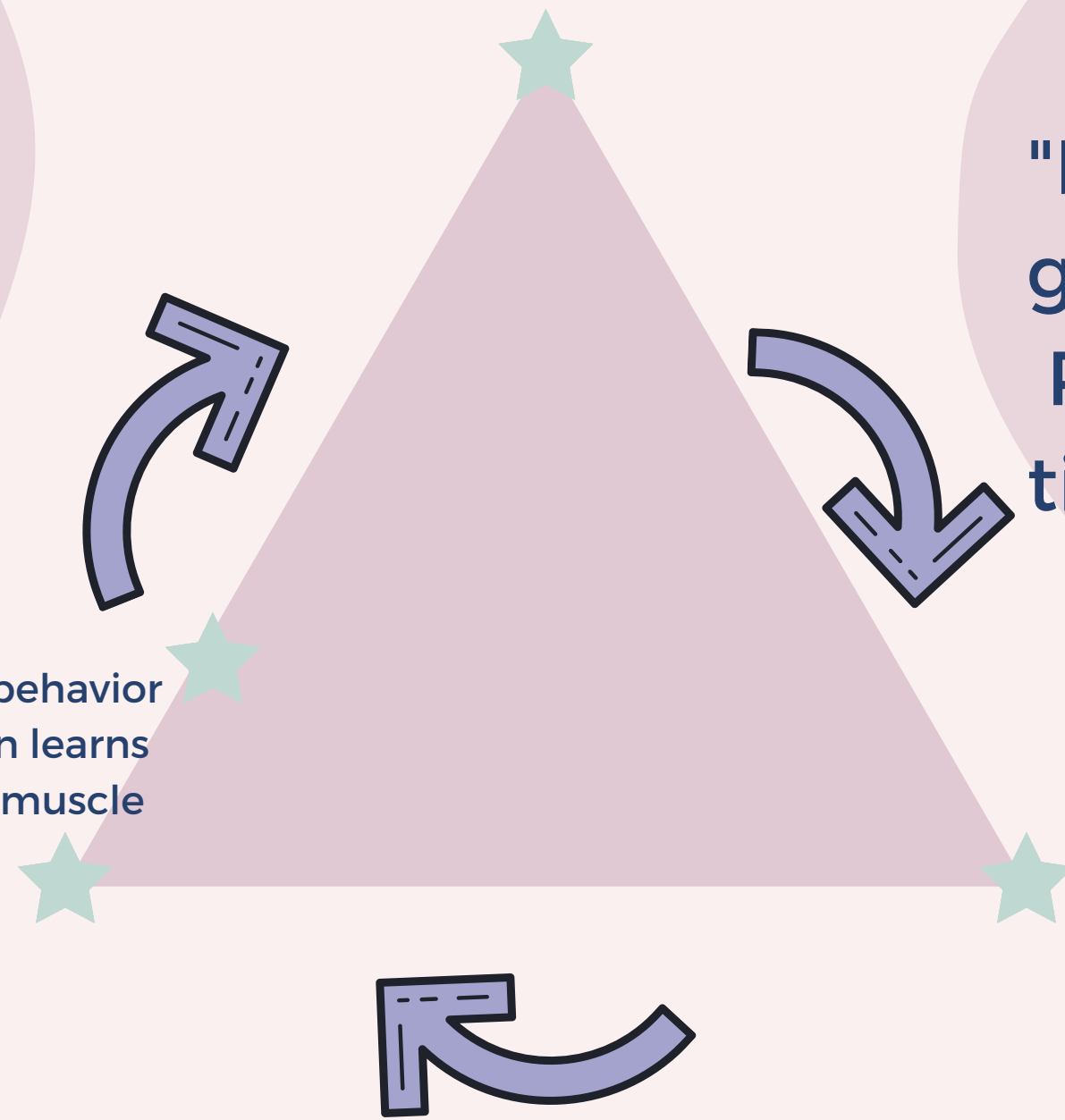
"I'm only 4 feet off the ground on this ladder. People do this all the time, and I'm safe."

2. FEELINGS

"I felt cautious but okay."

3. BEHAVIORS

"I stay on the ladder."

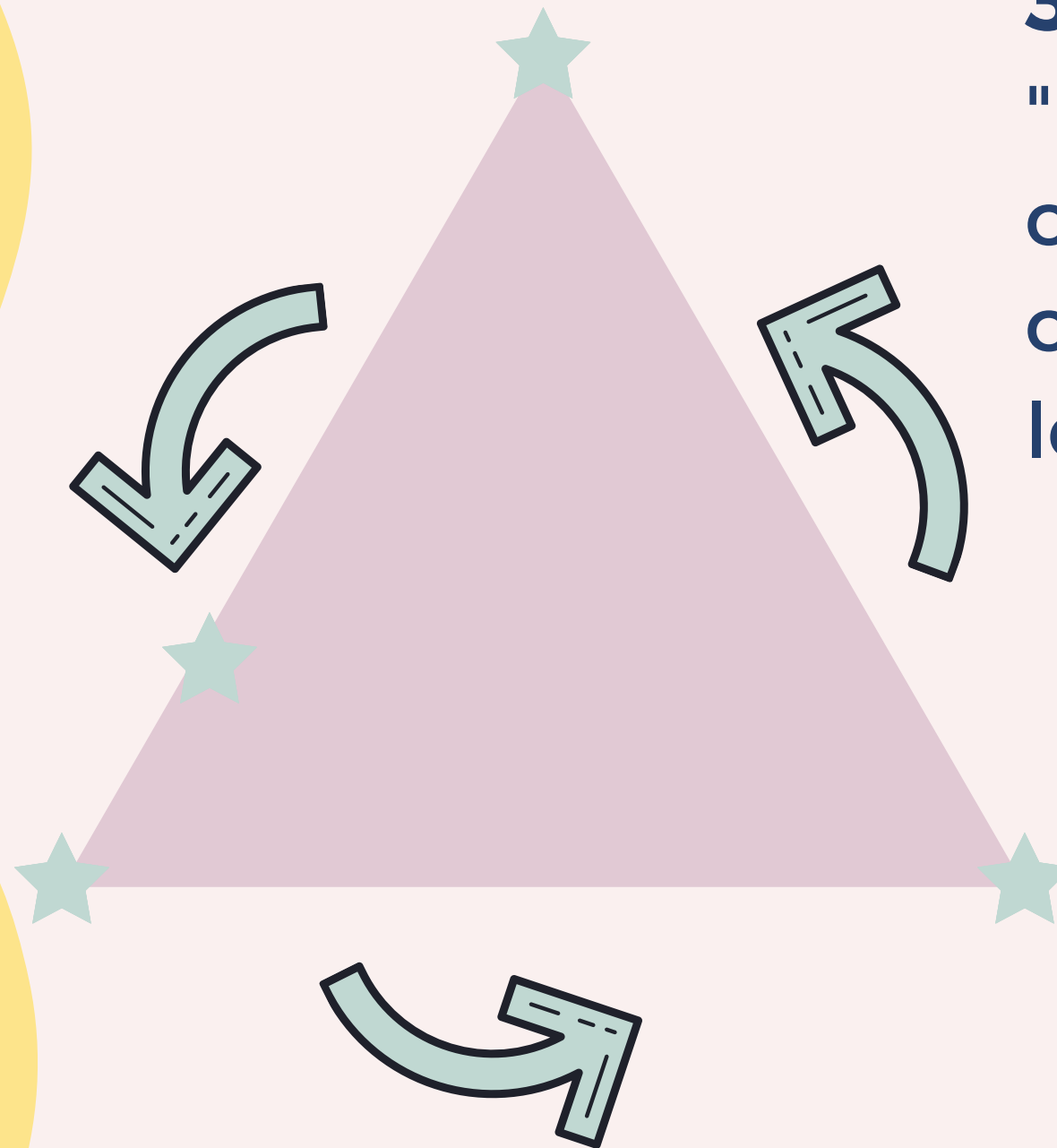


Example: Fear of heights

Example of how we can CHANGE our **BEHAVIOR** to change our feelings and thoughts. START at #1!

1. BEHAVIORS

"I just **do** it- I go out of my way to face my fear of heights by standing on a ladder every day."



3. THOUGHTS

"I realize I'm actually okay. Every time I stand on the ladder, it gets less scary."

2. FEELINGS

"I feel scared AND brave."