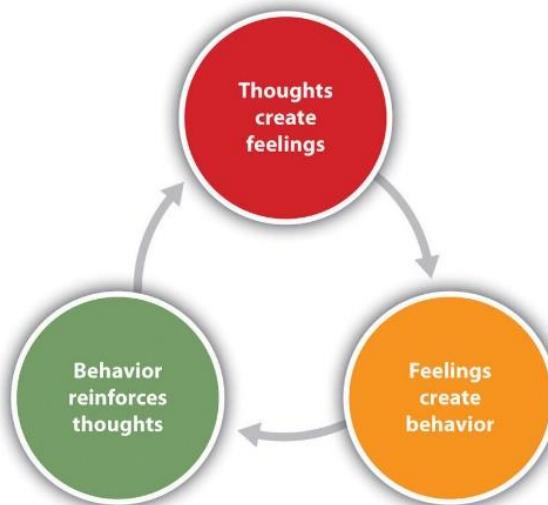


## The CBT Model

### The CBT Triangle

Our **thoughts, feelings, and behaviors** are connected. One affects the other.



**Situation:** You send a message to a friend, but they don't reply.

- **Thought:** "They must be upset with me."
- **Feeling:** Worried, sad.
- **Behavior:** Avoid messaging again, overthink.

Notice how the thought leads to a feeling, which then affects the behavior.

**Think of a recent situation and answer:**

- **Situation:** \_\_\_\_\_
- **Thought you had:** \_\_\_\_\_
- **Feeling (emotion/body reaction):** \_\_\_\_\_
- **Behavior (what you did):** \_\_\_\_\_
- Which part felt the **strongest** for you: Thought, Feeling, or Behavior?  
\_\_\_\_\_
- Did your thought make the feeling **stronger** or **weaker**?  
\_\_\_\_\_

Now, try writing down a **different thought** about the same situation.

- **New Thought:** \_\_\_\_\_
- **Possible New Feeling:** \_\_\_\_\_
- **Possible New Behavior:** \_\_\_\_\_