

What is CBT?

Cognitive Behavioral Therapy (CBT) is a way of understanding how our **thoughts, feelings, and behaviors** are linked.

- **Thoughts:** What goes through your mind (self-talk, beliefs, worries, assumptions).
- **Feelings:** Emotions in response to those thoughts (sad, anxious, happy, calm).
- **Behaviors:** What you do or don't do because of those feelings.

These three parts affect each other. Changing one can change the others.

Imagine you see a friend walk past you without saying hello.

- **Thought:** "They must be angry with me."
- **Feeling:** Sad, worried.
- **Behavior:** Avoid messaging them.

But if you had a different thought—*"Maybe they didn't see me"*—

- **Feeling:** Neutral, calm.
- **Behavior:** Say hello later.

The *same situation* can lead to very different outcomes depending on the thought.

Think of a recent situation where you felt strong emotions. Fill in the blanks:

Situation: _____
Thought you had: _____
Feeling (emotion): _____
What you did (behavior): _____

Now ask yourself:

"What's another way I could think about this situation?"

Alternative thought: _____

New possible feeling/behavior: _____

Why is CBT Helpful?

- It helps you **notice unhelpful patterns** in your thinking.
- It shows how thoughts, feelings, and actions **affect one another**.
- It gives tools to **challenge negative thoughts** and replace them with more balanced ones.
- It supports **healthier behaviors** that improve mood and well-being.