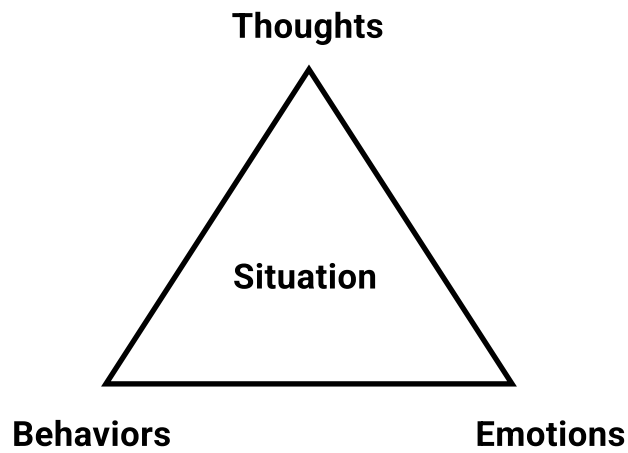


Cognitive Triangle Worksheet

Name:

Date:

The Cognitive Triangle



Situation

Thoughts

Behaviors

Emotions

How are my thoughts and behaviors affect what I'm feeling?

What are some alternative ways I can behave in this situation?