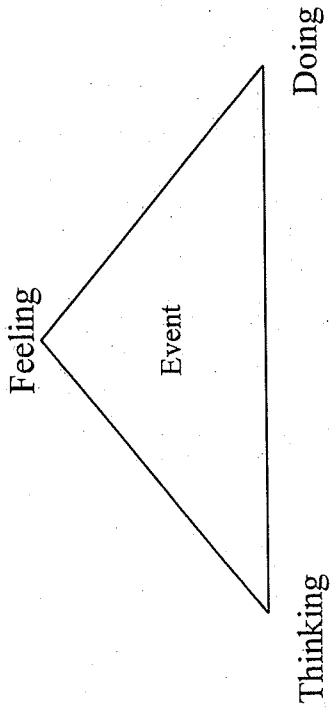


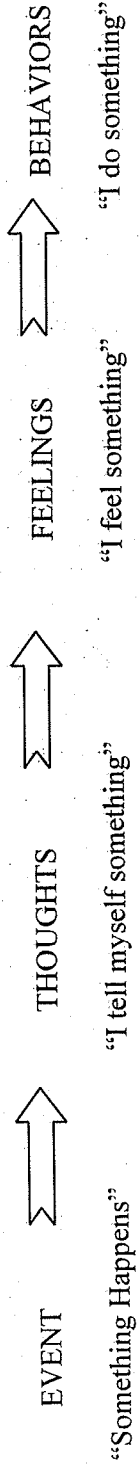
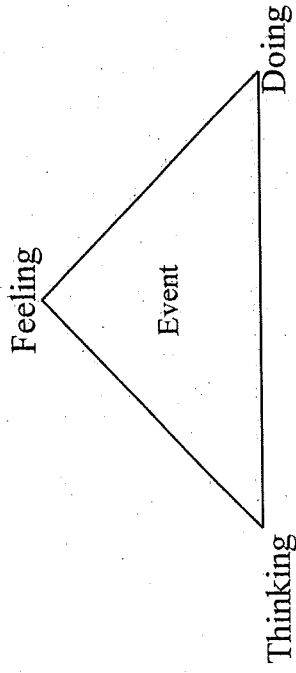
Cognitive Triangle Worksheet



EVENT → THOUGHTS → FEELINGS → BEHAVIORS
"Something Happens" "I tell myself something" "I feel something" "I do something"

--	--	--	--

Cognitive Triangle: Challenging Your Thinking Mistakes



--	--	--	--

Are my thoughts accurate? _____

Are my thoughts helpful? _____

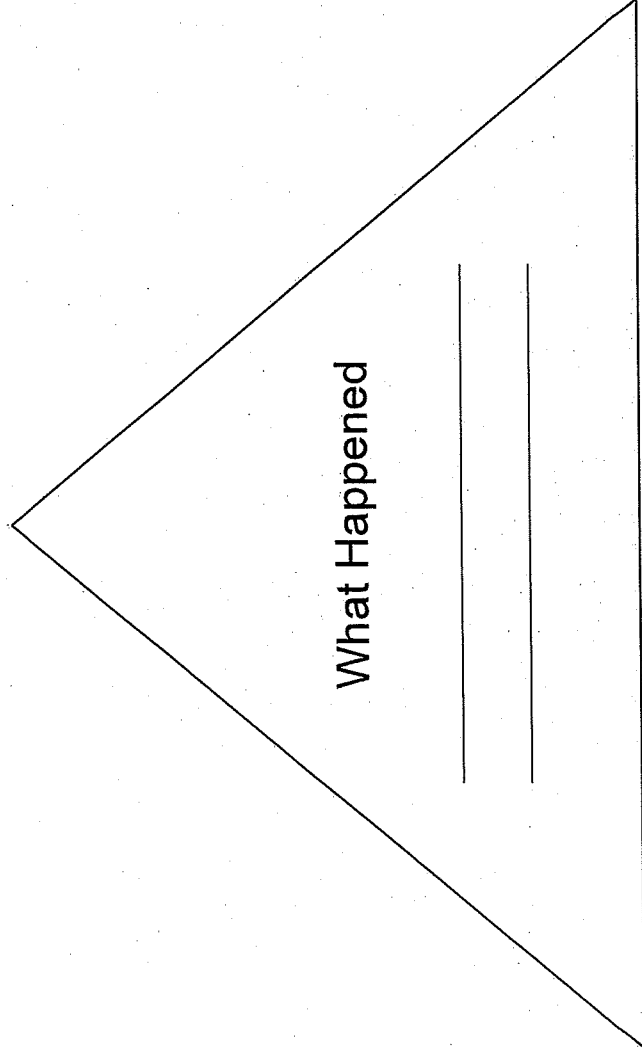
Am I falling into a Thinking Mistake trap*? (If so, which one) _____

What could I say to myself that would be more accurate, positive, or helpful? _____

How would I feel if I told myself this? _____

*Thinking Mistakes Worksheet (e.g., Herbert (2005), *Thinking Mistakes Form*, Drexel University, Philadelphia.

Feeling



Doing

Thinking
