

# COGNITIVE TRIANGLE WORKSHEET

Feelings can be difficult to change, but pinpointing how we think about and behave toward a situation can be the first step toward positive changes.

**SITUATION: What prompted the thought, emotion, behavior?**

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**THOUGHTS: What was going through your mind at the time?**

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**EMOTIONS: What emotions were you feelings? Be very specific**

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**BEHAVIORS: What was the outcome? What did you do?**

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