

# THE CBT TRIANGLE

How we feel, what we think, and how we behave are all connected. Changing our thoughts or behaviors is a great way to get a handle on anxiety. For this exercise, notice your thoughts, feelings, and behaviors. If you were to change your negative thinking, how might that have a positive impact on your anxiety?

## What am I feeling?

Angry    Sad    Worried    Embarrassed

Jealous    Confused    Overwhelmed

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## What am I thinking?

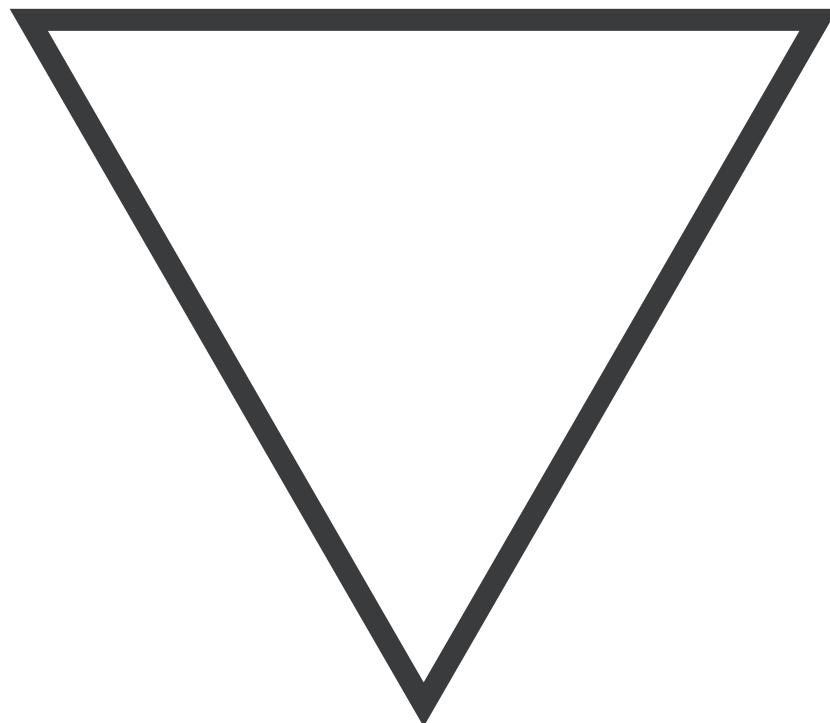
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**THOUGHTS**

**FEELINGS**



**BEHAVIORS**

## What are my behaviors?

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