Cognitive Triangle Worksheet

Feeling

Thinking  

Doing

Event

EVENT ➔ THOUGHTS ➔ FEELINGS ➔ BEHAVIORS

“Something Happens” ➔ “I tell myself something” ➔ “I feel something” ➔ “I do something”
Feeling

What Happened

Thinking          Doing
## Cognitive Triangle: Challenging Your Thinking Mistakes

![Cognitive Triangle Diagram]

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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.)