Cognitive Triangle Worksheet

Feeling

Event

Thinking   Doing

EVENT ⟹ THOUGHTS ⟹ FEELINGS ⟹ BEHAVIORS

"Something Happens"   "I tell myself something"   "I feel something"   "I do something"

_____

_____

_____
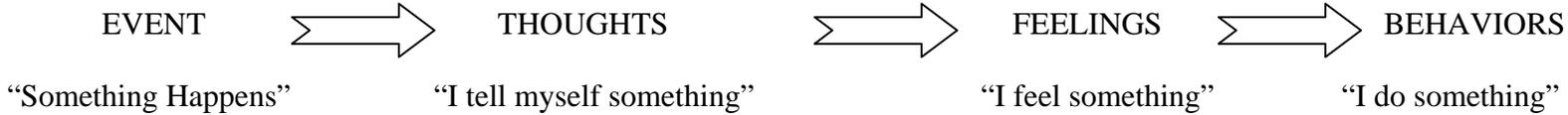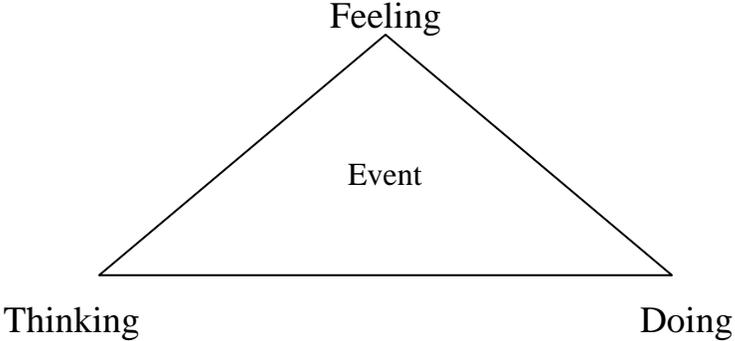
Feeling
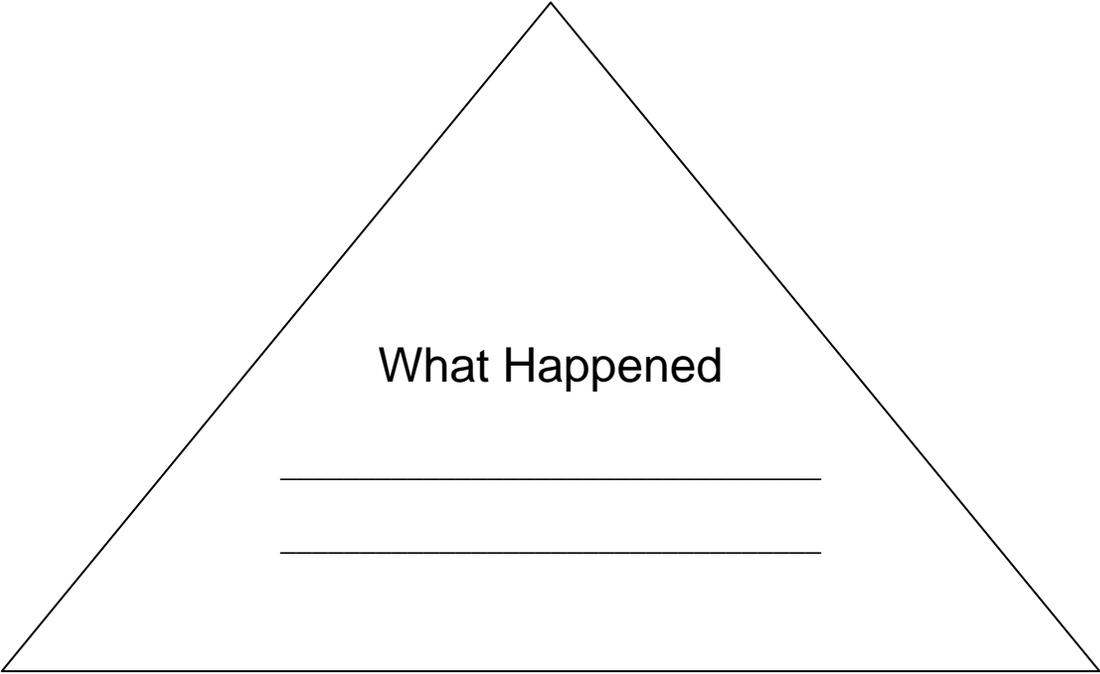
What Happened

_____

_____

Thinking

Doing

_____

_____

_____

_____

_____

_____

Cognitive Triangle: Challenging Your Thinking Mistakes

Feeling

Event

Thinking   Doing

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

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.