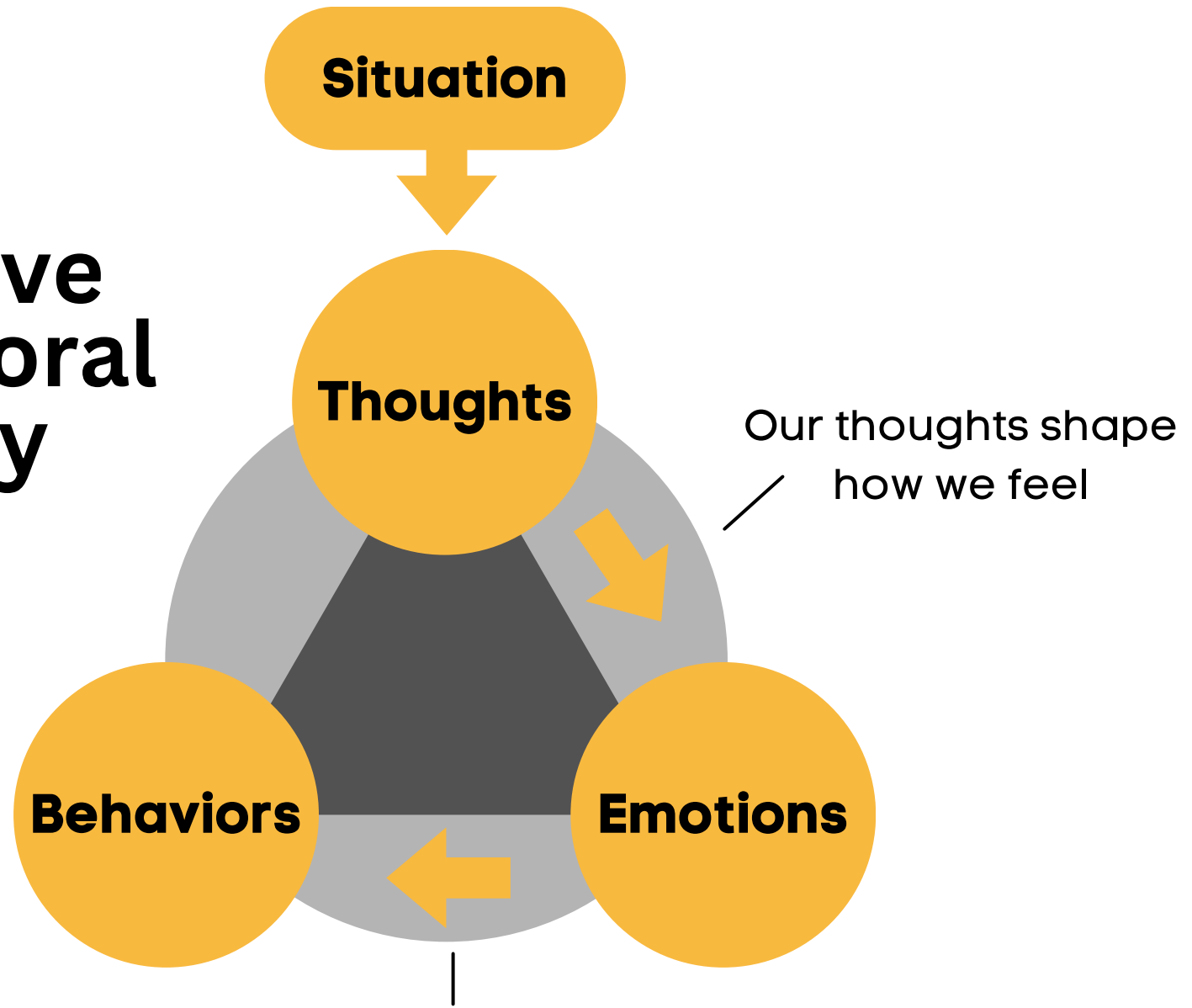


The **cognitive triangle** shows how thoughts, emotions, and behaviors affect one another. This means changing your *thoughts* will change how you *feel* and *behave*.

CBT

Cognitive Behavioral Therapy



A situation happens:

This could be something obvious—like a conflict, a social interaction, or a deadline—or something more subtle, like a quiet moment, a memory, or scrolling through social media.

Example: You're lying in bed scrolling your phone and see a coworker's post about a recent promotion.

We have a **thought about that situation:**

Our minds make meaning quickly—sometimes automatically and without us realizing it.

Example thought: "I'm falling behind. I should be doing more with my life."

That thought triggers a **feeling:**

The way we interpret the moment directly impacts how we feel emotionally.

Example feeling: shame, anxiety, discouragement

Our feelings influence how we **act:**

The emotion drives our behavior—whether it's helpful or not.

Example action: You close your phone, feel deflated, and avoid working on your own goals.

And the cycle continues...

**Our actions can reinforce the original thought and keep the loop going—
unless we interrupt it.**