

NAME:

CUE/TRIGGER:

DATE:

TIME:

THE COGNITIVE BEHAVIORAL TRIANGLE

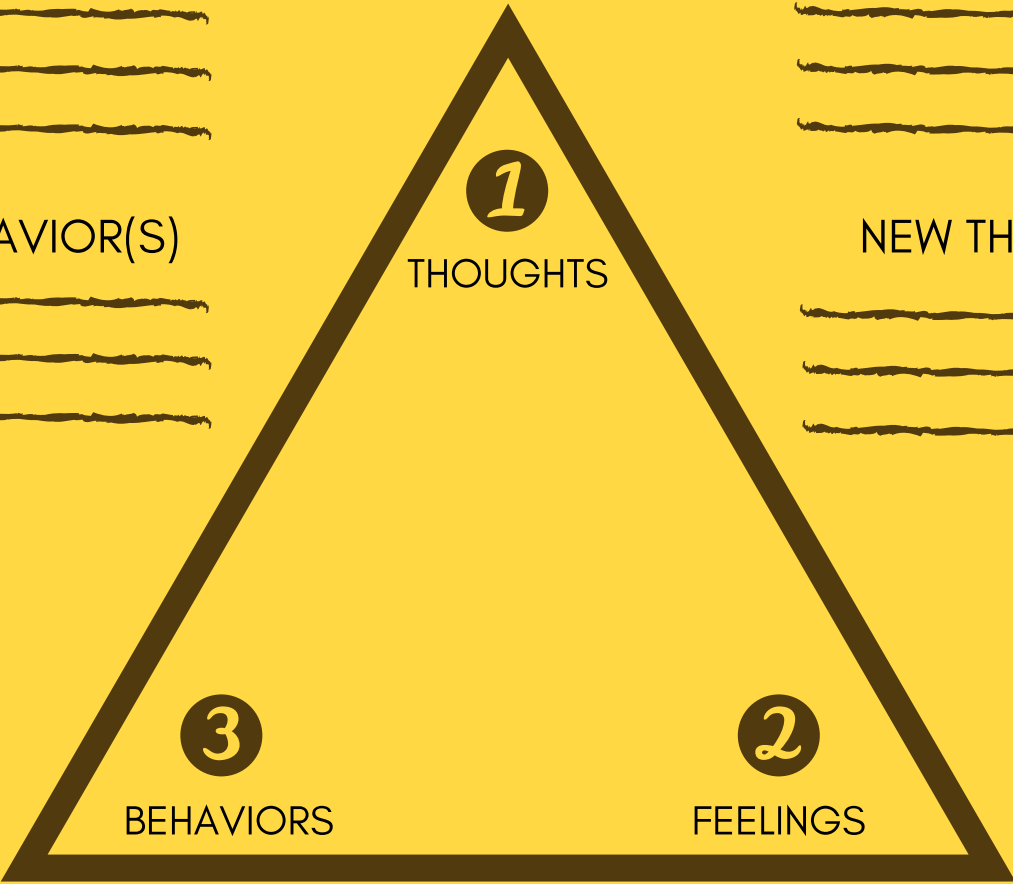
UNDERSTANDING YOUR THOUGHTS, FEELINGS, AND BEHAVIORS

CURRENT BEHAVIOR(S)

CURRENT THOUGHT

NEW BEHAVIOR(S)

NEW THOUGHT



CURRENT FEELING(S)

NEW FEELING(S)
