

# Thought, feeling, behavior

A worksheet for mapping how one thought, one feeling, and one action keep feeding each other - and finding the corner where you can step in.

Adults · Individual

Client name or initials

Date

Clinician

## 01 How to use this worksheet

Pick one recent moment when your mood shifted. Describe it in section 02, then fill in the three corners in section 03 for that same moment. Write short and plain - you are not aiming for the right answer, just an honest snapshot.

### WHY IT HELPS

CBT treats thoughts, feelings, and behaviors as linked rather than separate. Seeing the link in your own example makes the loop easier to interrupt.

## 02 The situation *Where were you, who was there, what happened?*

## 03 The triangle *Fill in all three corners for that one moment.*

### ▲ Thoughts

What went through your mind? Words, images, or predictions.

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The thought that stung most

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### ▲ Feelings and body

Name the emotion in a word or two, plus what you noticed in your body.

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Intensity - circle one

0 1 2 3 4 5 6 7 8 9 10

### ▲ Behaviors

What did you do next, including anything you avoided, checked, or delayed?

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Short-term effect

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## 04 Work one corner

You rarely have to change all three at once. Take the thought you wrote in section 03, weigh it against what you actually know, then choose one small change at the behavior corner.

| What supports that thought? | What doesn't fit it? |
|-----------------------------|----------------------|
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**A thought that fits the evidence better** *Not a positive spin - something you can actually believe.*

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**One thing I'll do differently next time** *Small and specific enough to do this week.*

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## 05 Reflection

Which corner felt easiest to notice, and which was hardest to put into words?

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Have you seen this same loop show up somewhere else in your week?

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What would you want to bring back to your next session?

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**NOTES** *Client or clinician*

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