

CBT Triangle Worksheet

One triangle per notable moment. Fill each corner from one specific situation.

Situation (one specific moment):

Date:

The diagram illustrates the CBT Triangle, a model of psychological distress. It consists of three interconnected boxes arranged in a triangle, with double-headed arrows connecting each pair of boxes to show their reciprocal relationship.

- Thoughts** (Top box):
What went through your mind?

- Feelings** (Bottom-left box):
One word each, plus body sensations

Intensity: _____ / 10
- Behaviors** (Bottom-right box):
What did you do, avoid, or repeat?

What would you test?

One small experiment that could give the loop new evidence before next session.

