

Fiche du triangle de la TCC

Un triangle par moment marquant. Remplissez chaque coin à partir d'une situation précise.

Situation (un moment précis) :

Date :

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

- Pensées (Thoughts):** Located at the top. The prompt is "Qu'est-ce qui vous a traversé l'esprit?" (What came through your mind?). It includes three horizontal lines for writing.
- Émotions (Emotions):** Located at the bottom left. The prompt is "Un mot chacune, plus les sensations physiques" (One word each, plus physical sensations). It includes three horizontal lines for writing and a field for "Intensité : _____ / 10".
- Comportements (Behaviors):** Located at the bottom right. The prompt is "Qu'avez-vous fait, évité ou répété?" (What did you do, avoid, or repeat?). It includes three horizontal lines for writing.

Double-headed arrows connect Pensées to Émotions, Pensées to Comportements, and Émotions to Comportements.

Que pourriez-vous tester?

Une petite expérience qui donnerait au cycle de nouvelles preuves avant la prochaine séance.
