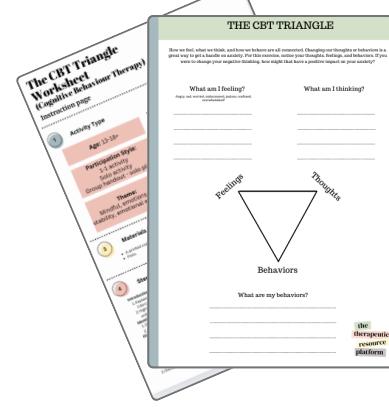


The CBT Triangle Worksheet (Cognitive Behaviour Therapy)

Instruction page



1

Activity Type

Age: 13-18+

Participation Style:
1-1 activity
Solo activity
Group handout - solo play

Theme:
Mindful, emotions, self stability, emotional wellbeing.

2

General Activity Info

The CBT Triangle (Cognitive Behavioral Therapy) illustrates the powerful connection between thoughts, feelings, and behaviours. This activity helps participants recognise how negative thinking can influence emotions and actions, contributing to anxiety or distress. By identifying and reframing these thoughts, participants learn strategies to reduce anxiety and promote positive outcomes.

For example, negative thoughts can lead to uncomfortable emotions and unhelpful behaviors, creating a self-perpetuating cycle. By identifying and changing either negative thoughts or behaviors, individuals can break this cycle, leading to improved emotional well-being. The CBT Triangle is a foundational tool in cognitive behavioral therapy, helping people develop healthier ways to manage anxiety, stress, and other challenges by fostering awareness and promoting positive change.

3

Materials Needed

- A printed copy of the resource.
- Pens.

4

Step by Step Instructions

Introduction (5 minutes)

1. Explain the CBT Triangle, emphasising that thoughts, feelings, and behaviors are interconnected.
2. Highlight how changing one element (like a thought or behaviour) can positively impact the entire cycle.

Identifying Current Patterns (10 minutes)

1. Distribute the worksheet or draw the CBT Triangle on a board.
2. Ask participants to reflect on a recent situation where they felt anxious or distressed.

Filling the Triangle (10 minutes)

1. Guide participants to answer these questions and write responses within the triangle:
 - a. *What am I thinking?*
 - b. *What am I feeling?*
 - c. *What are my behaviours?*

Reframing Negative Thoughts (10 minutes)

1. Encourage participants to brainstorm more positive or realistic thoughts that could replace their negative thinking.
2. Discuss how those reframed thoughts might change their feelings and behaviours.

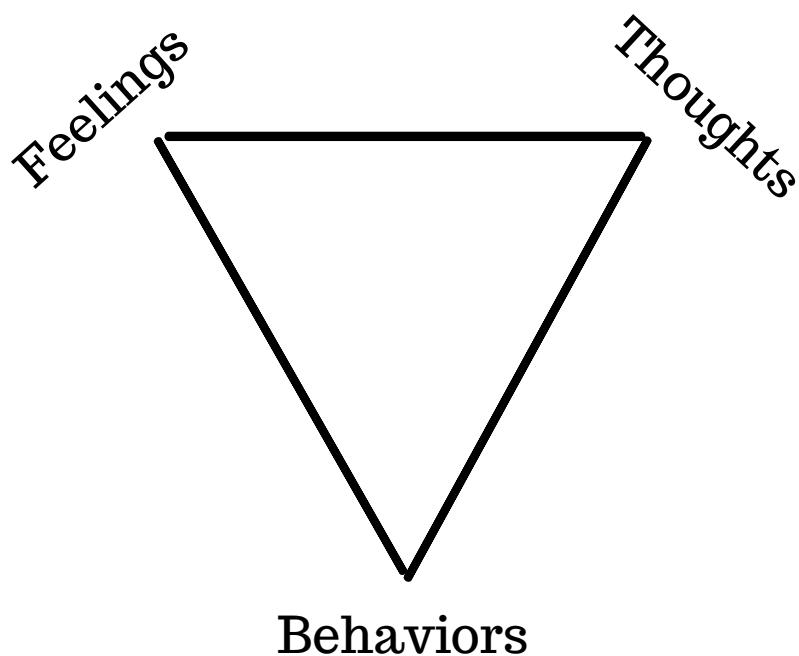
THE CBT TRIANGLE

How we feel, what we think, and how we behave are all connected. Changing our thoughts or behaviors is a great way to get a handle on anxiety. For this exercise, notice your thoughts, feelings, and behaviors. If you were to change your negative thinking, how might that have a positive impact on your anxiety?

What am I feeling?

Angry, sad, worried, embarrassed, jealous, confused, overwhelmed?

What am I thinking?



What are my behaviors?
