

CBT Triangle Worksheet

Map how a situation connects with thoughts, emotions, body sensations and behavior. These parts can influence one another - and you do not have to change all of them at once.

1 Map the pattern -> 2 Notice the loop -> 3 Choose one place to respond

COMPLETED EXAMPLE

Situation

What happened? Describe what a camera or recording could have captured.

At a networking event, I introduced myself to someone. They checked their phone twice and ended the conversation after two minutes.

Map the pattern

Thoughts

What went through your mind?

"I am boring. They were looking for a way to get away from me."

Feelings + body

What did you feel emotionally? What did you notice physically?

Embarrassment 70/100; anxiety 65/100. Hot face, tight chest, tense shoulders.

Behavior / urges

What did you do, avoid, check, hide, or feel an urge to do?

I stopped approaching people, stood near the wall checking my phone, and left the event earlier than planned.

What happened next?

What did your response change in the short term? What information did you not get a chance to learn?

Leaving early reduced my anxiety quickly, but I never found out whether another conversation would have gone differently.

Where could I intervene?

Choose one or more. A useful response can target the interpretation, the behavior, the body, the practical situation, or your willingness to feel discomfort.

☒ Examine the interpretation

☒ Change what I do

☐ Regulate the body

☐ Take practical action

☒ Allow the feeling to be present

One small next step

What would you like to try rather than waiting to feel completely different?

Stay for another 15 minutes and introduce myself to one more person. Notice the thought that I am boring, but treat it as an interpretation rather than a fact.