

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

Situation

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

Map the pattern

Thoughts

What went through your mind?

Feelings + body

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

Behavior / urges

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

What happened next?

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

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?
