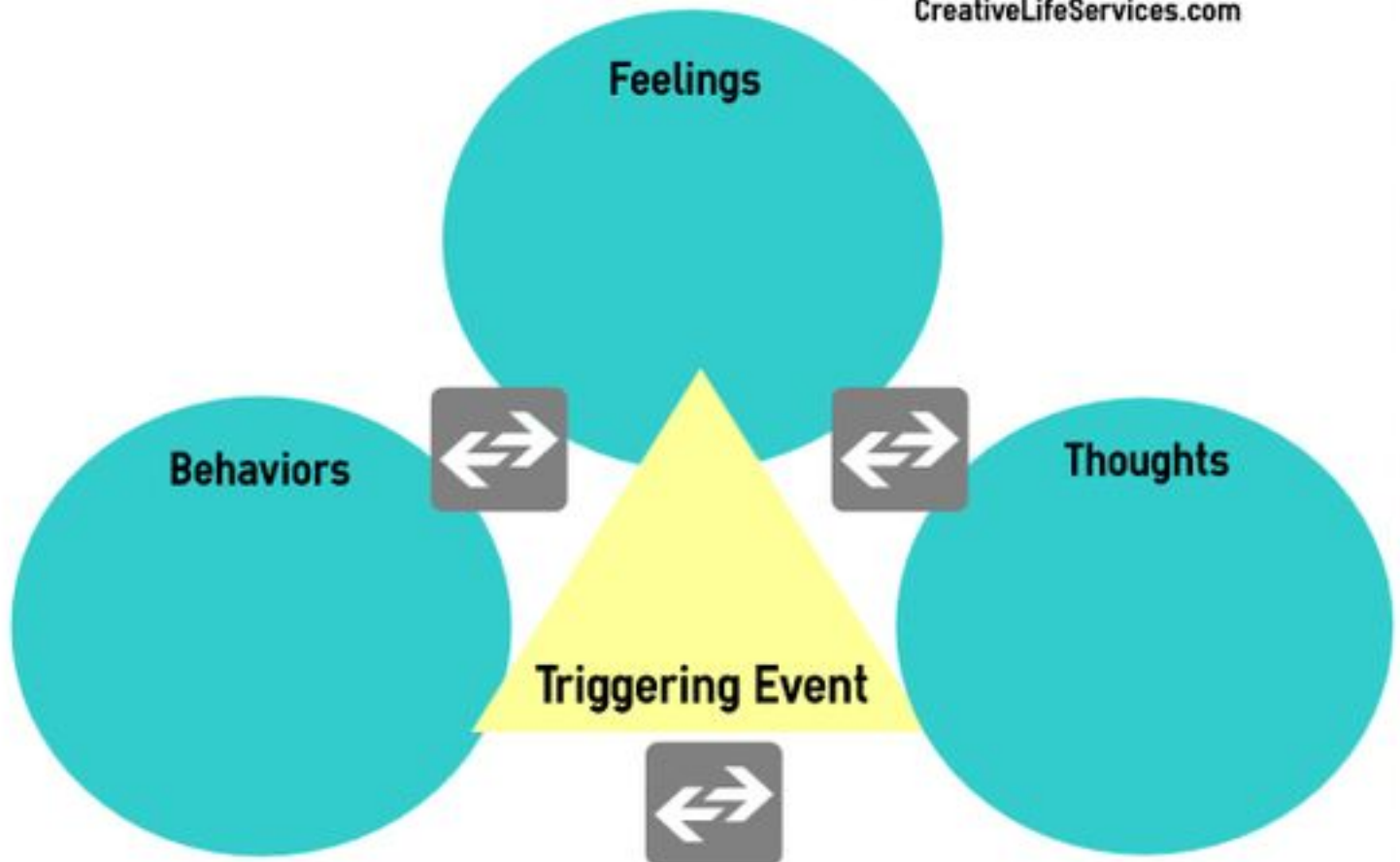


The Cognitive Triangle

(How irrational thinking can lead to great difficulties)

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- 1.) The cognitive triangle is a tool to identify and change irrational thoughts.
- 2.) Write a thought related to the trigger within the thought area, proceed with behaviors and feelings.
- 3.) Compare what you wrote to the triggering event, are there extreme responses?
- indicative of irrational thinking
- 4.) Rewrite your original thought below as you change it to one less extreme.

How does the new thought change the cognitive triangle?

New thought