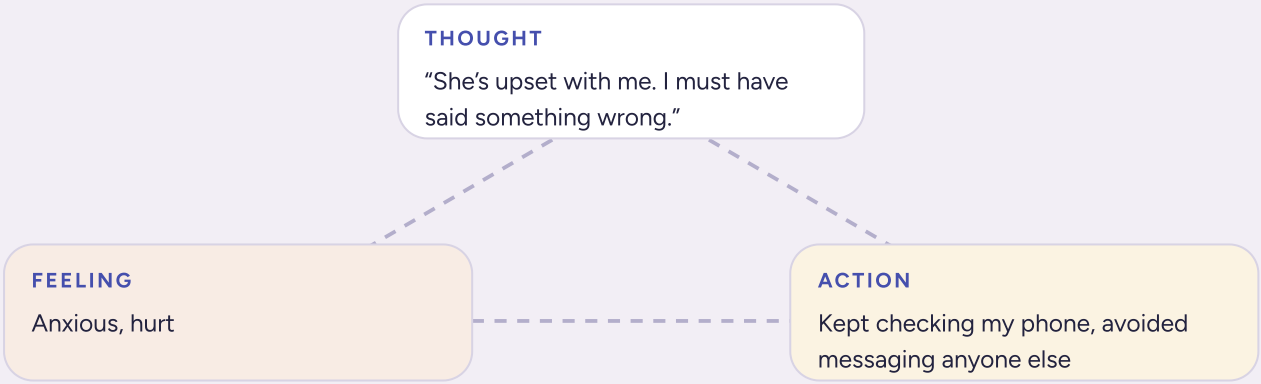
CBT WORKSHEET

Thought, feeling, action

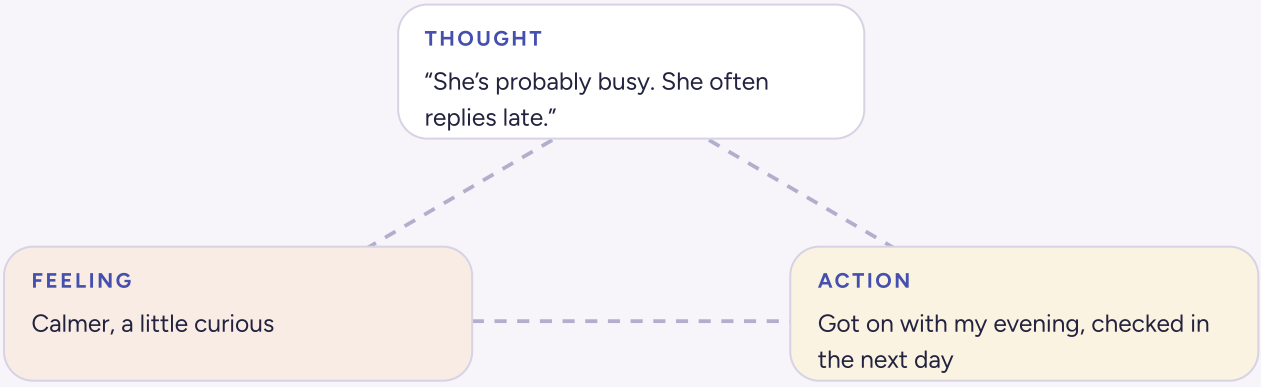
What we think, how we feel and what we do are linked. Change one corner of the triangle, and the other two often shift too.

See the link: an example

Situation: A friend hasn't replied to my message all day.



Now change the thought

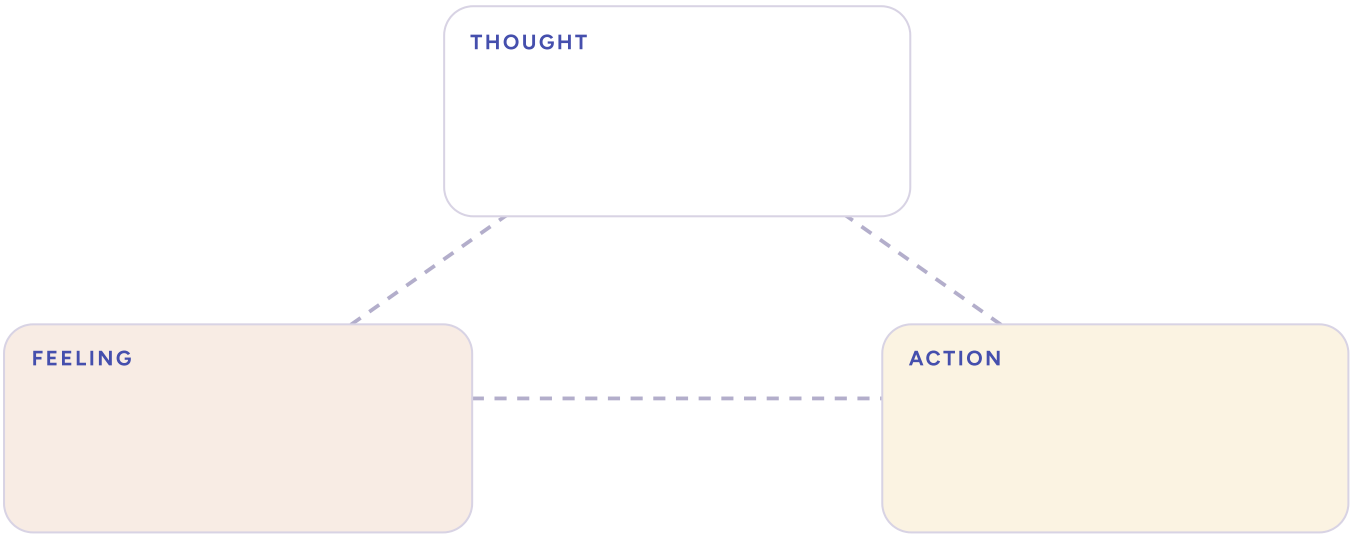


The idea: the situation stayed the same. Only the thought changed, and the feeling and action followed.

My triangle

SITUATION

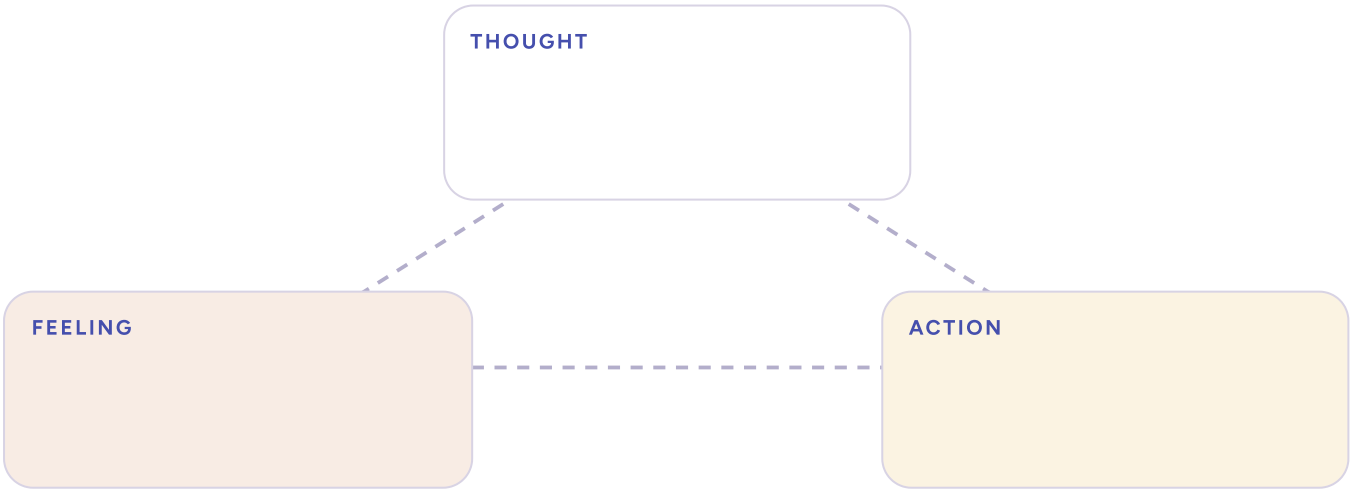
What happened? Keep it to the facts.



Try another way of seeing it

A KINDER OR MORE BALANCED THOUGHT

What would I say to a friend in this situation?



Research behind this tool

1. Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). *Cognitive therapy of depression*. Guilford Press.
2. Beck, J. S. (2021). *Cognitive behavior therapy: Basics and beyond* (3rd ed.). Guilford Press.
3. Hofmann, S. G., Asnaani, A., Vonk, I. J. J., Sawyer, A. T., & Fang, A. (2012). The efficacy of cognitive behavioral therapy: A review of meta-analyses. *Cognitive Therapy and Research, 36*(5), 427–440.