

Cognitive Triangle

- The purpose of this tool is to help bring awareness to our thoughts and feelings, even when our feelings, thoughts, and resulting behaviors feel out of our control.
- We often have **thoughts** that repeat frequently in our heads. Sometimes, particularly when we are stressed, these thoughts are self-critical, or they may have the tendency to catastrophize; we often engage in one or more distorted modes of thinking.
- Bringing attention to our **feelings** makes it easier to see why we may be acting or thinking a certain way. The more aware we are of what we are feeling the more capable we are at managing it.
- When we change our thoughts, our **behaviors** change. When we successfully shift how we are feeling, our behaviors also typically change. When we change our behavior, our emotions and thoughts change.
- Think about what might be easiest to change for you. Is it easier to address the thought? the feeling? the action? (This may change depending on the event/situation)
- The more aware we are of what underlies our thoughts and feelings the more we can be in control.
- *By working on any one of the points of the cognitive triangle you will have an impact on the other points.*

