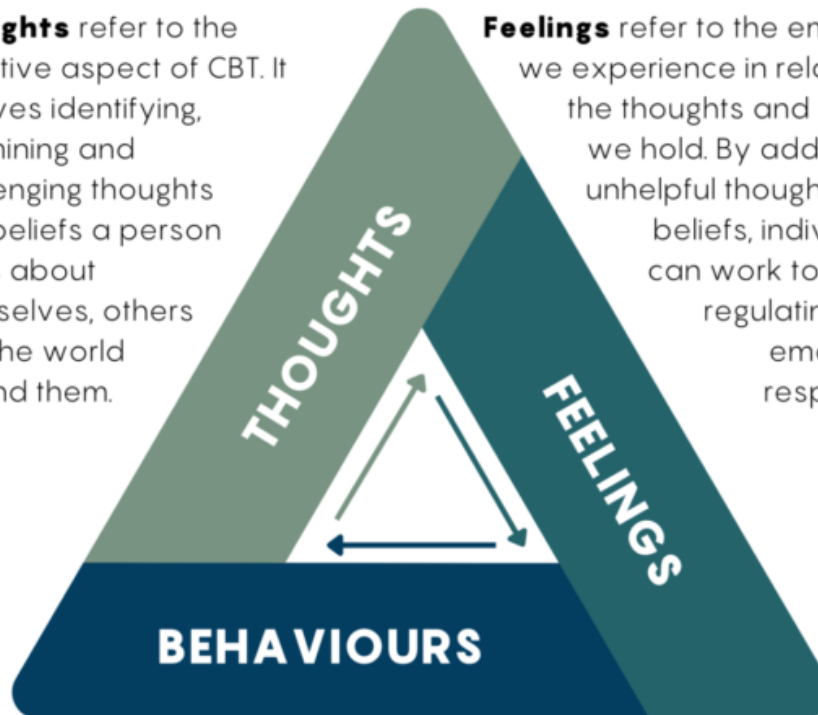


# CBT Triangle

**THOUGHTS CONTROL OUR FEELINGS. FEELINGS INFLUENCE OUR ACTIONS. ACTIONS REINFORCE OUR THOUGHTS, PERPETUATING THE CYCLE. THE CYCLE CAN ONLY BE BROKEN THROUGH INTERVENTION.**

**Thoughts** refer to the cognitive aspect of CBT. It involves identifying, examining and challenging thoughts and beliefs a person holds about themselves, others and the world around them.

**Feelings** refer to the emotions we experience in relation to the thoughts and beliefs we hold. By addressing unhelpful thoughts and beliefs, individuals can work towards regulating their emotional responses.



**Behaviour** is influenced by both an individual's thoughts and feelings. CBT identifies maladaptive behaviours that may be contributing to an individual's distress and provides strategies for behaviour modification.