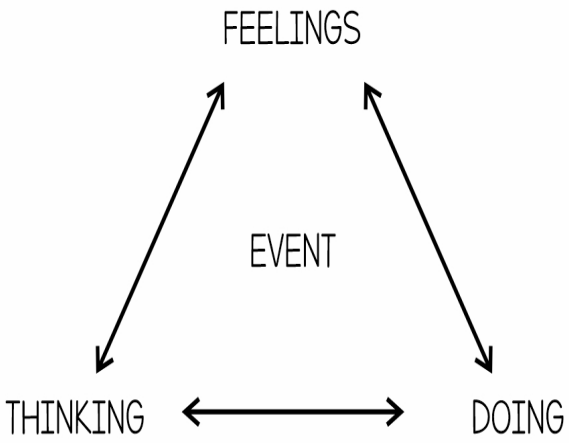
Name _____

COGNITIVE TRIANGLE WORKSHEET



EVENT →	THOUGHTS →	FEELINGS →	BEHAVIORS
"Something happen"	"I tell myself something"	"I feel something"	"I do something"