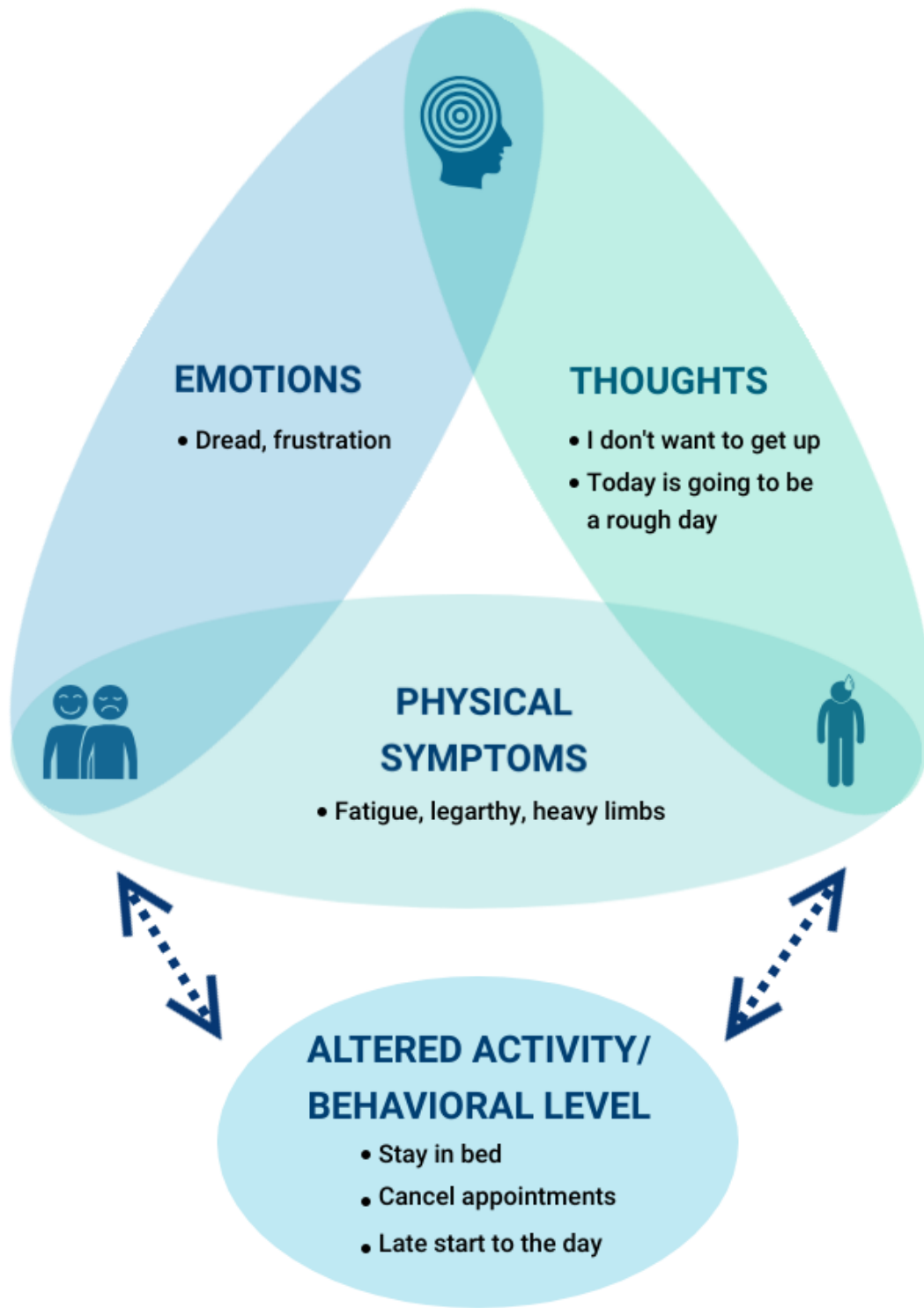


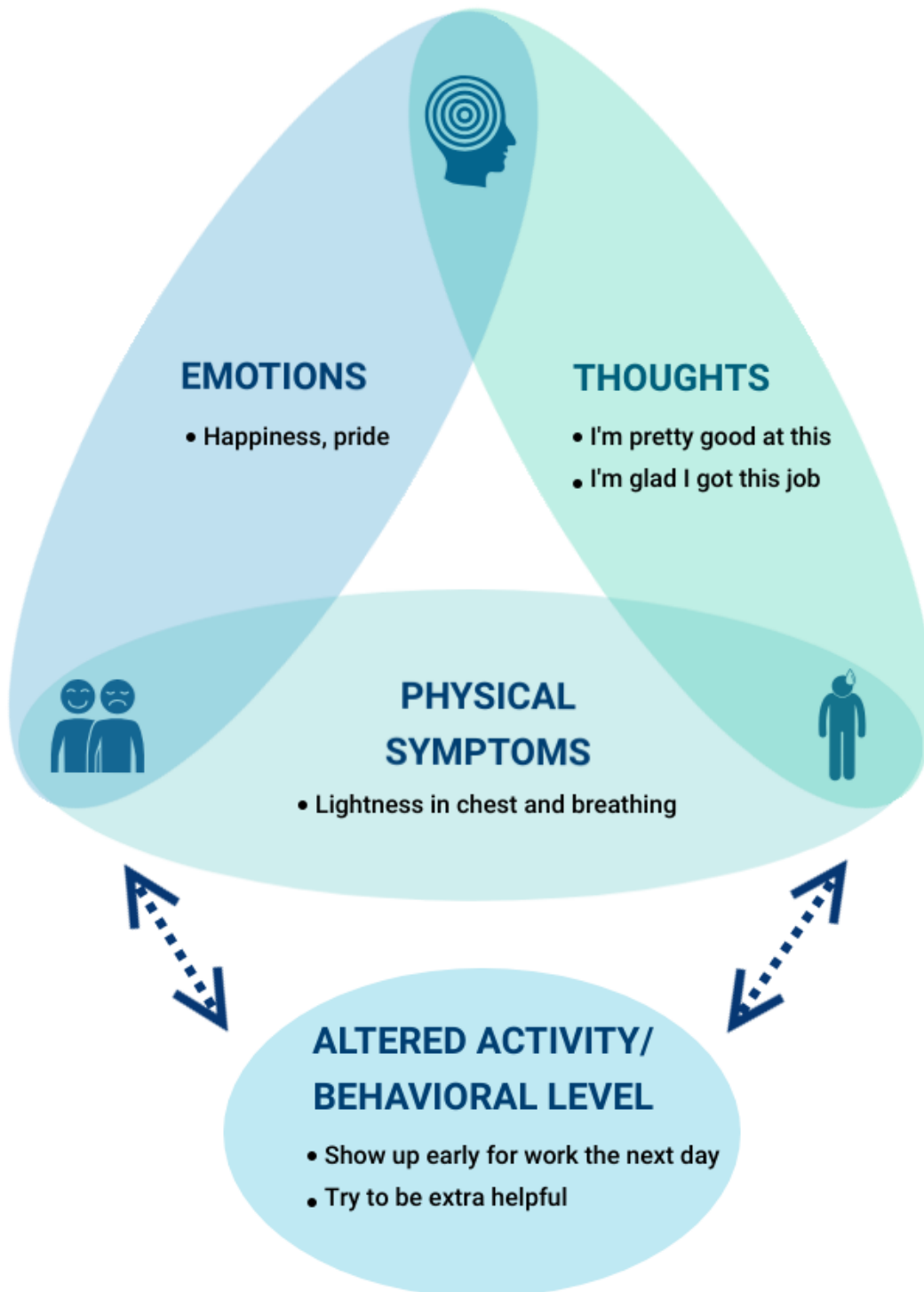
Example 1 of a Completed CBT Triangle

SITUATION: Woke up late and didn't get enough sleep.



Example 2 of a Completed CBT Triangle

SITUATION: Received a compliment at a new job.



Example 3 of a Completed CBT Triangle

SITUATION: Forgot paperwork for new bank account for automatic deposit on bus.

