Example 1 of a Completed CBT Triangle

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



EMOTIONS

• Dread, frustration

THOUGHTS

- I don't want to get up
- . Today is going to be a rough day



PHYSICAL SYMPTOMS

· Fatigue, legarthy, heavy limbs





ALTERED ACTIVITY/ BEHAVIORAL LEVEL

- · Stay in bed
- Cancel appointments
- . Late start to the day



Example 2 of a Completed CBT Triangle

SITUATION: Received a compliment at a new job.



EMOTIONS

· Happiness, pride

THOUGHTS

- · I'm pretty good at this
- I'm glad I got this job



PHYSICAL SYMPTOMS

· Lightness in chest and breathing





ALTERED ACTIVITY/ BEHAVIORAL LEVEL

- Show up early for work the next day
- . Try to be extra helpful

Example 3 of a Completed CBT Triangle

SITUATION:

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



EMOTIONS

 Disappointment, anger, embarrassment, regret

THOUGHTS

- I always screw up
- This plan is going to fail too



PHYSICAL SYMPTOMS

· Headache, sweaty palms, tight chest





ALTERED ACTIVITY/ BEHAVIORAL LEVEL

- Skip supported employment appointment
- . Go to the bar instead

