

Session 8—CBT Triangle



Most Important Task for this Session:

- By the end of this session, participants should have an introductory understanding that thoughts, feelings, and behaviors are linked.

Agenda

1. Check-in and homework review
2. Explore the links among thoughts, feelings, behaviors (In-Session 8 Worksheet—**CBT Triangle**)
3. Explore and challenge negative thoughts
4. Assign At-Home Worksheet—**Weekly Goal Guide**

1. Check-In

- a. Write/share the agenda on the board or shared screen; write/share the check-in questions on the board or shared screen.
- b. Reinforce for arriving on time and bringing back the folder.

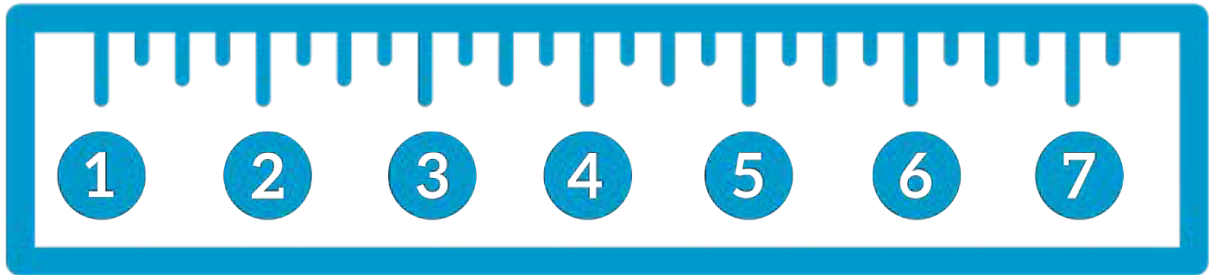
Check-in Questions

Ask participants to answer the four questions. Spend time discussing if homework is not complete or the folder has been lost. Reinforce for all attempts.

1. What is your long-term goal (where would you like to be one year from now)?
2. What is your 3-month goal?

3. Can you please share your At-Home Worksheet—**Weekly Goal Guide** (what you assigned for yourself and what you completed)?
4. “What is your **Motivation Rating** and **Importance Rating** today on a scale of 1 to 7?” (Scale 1; “Not at all motivated” – 7; “Extremely motivated”)

Motivational Rating on a Scale of 1-7



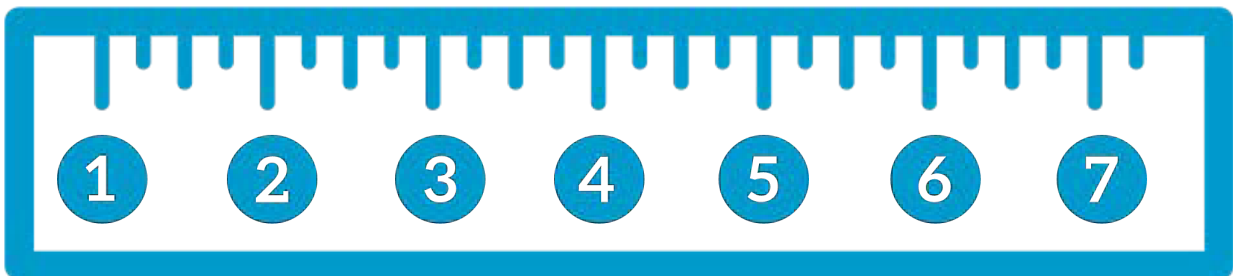
Not at all motivated

Somewhat motivated

Extremely motivated

Suggested facilitator dialogue: “You chose a _____. List three reasons why you chose this and not a lower number.” (Further the **Change Talk**.)

Importance Ruler



Not at all important

Somewhat important

Extremely important

Suggested facilitator dialogue: “You chose a _____. List three reasons why you chose this and not a lower number.”

2. Explore Links Among Thoughts, Feelings, and Behaviors

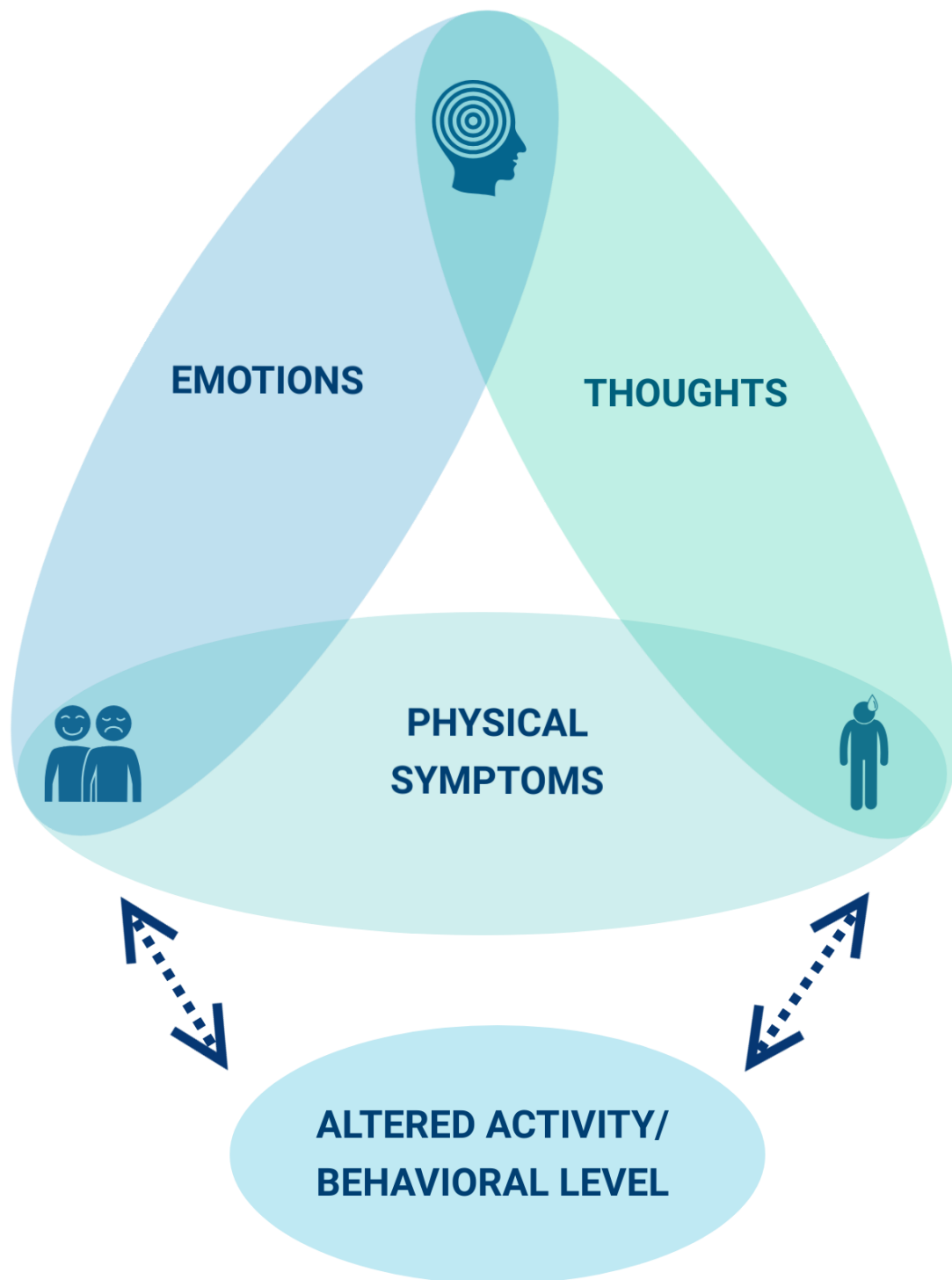
As mentioned, the goal of this session is to help collaboratively determine the links between thoughts, feelings, behaviors, and situations or other triggers that form a cycle (**CBT Triangle**).

Identifying these chains can help the participant identify things to work on (intervention targets; obstacles to problem-solve).

Facilitator-led activity: Draw the In-Session 8 Worksheet—**CBT Triangle** on the board or use the shared screen, and work through several examples of recent problems participants have encountered related to their steps towards their goal. (Three samples of completed **CBT Triangles** are provided on the next pages.)

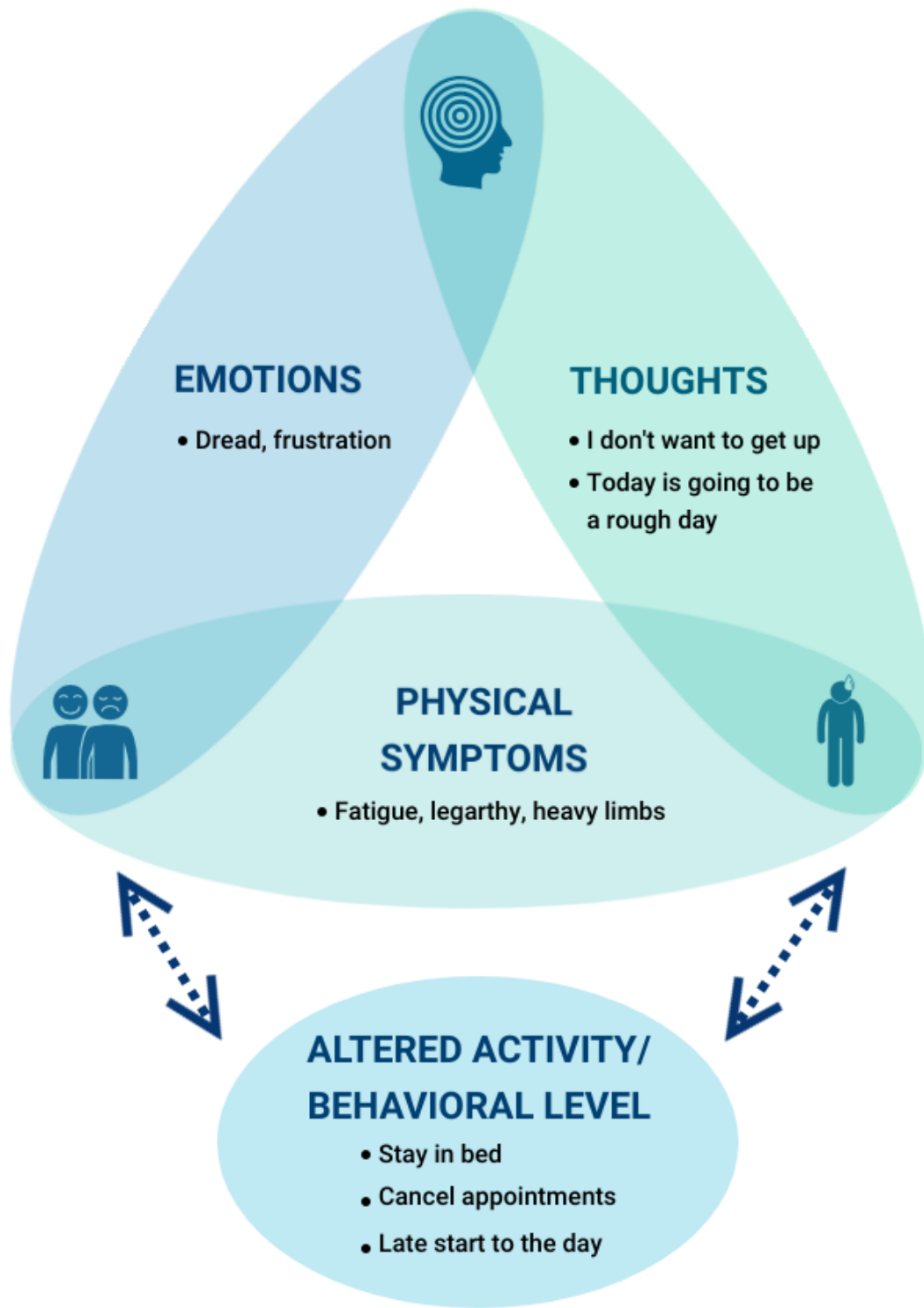
In-Session 8 Worksheet—CBT Triangle

SITUATION: _____



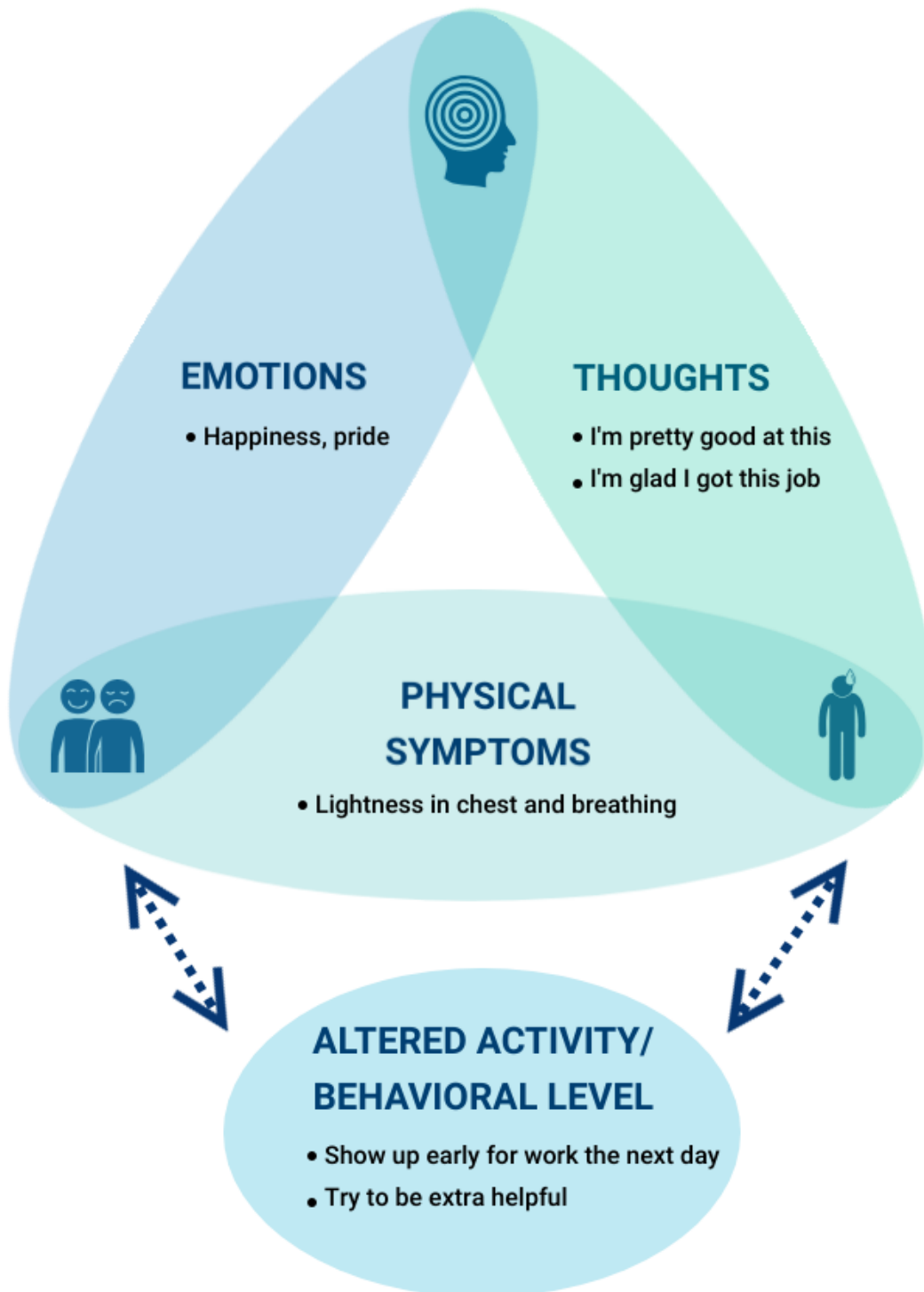
Example 1 of a Completed CBT Triangle

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



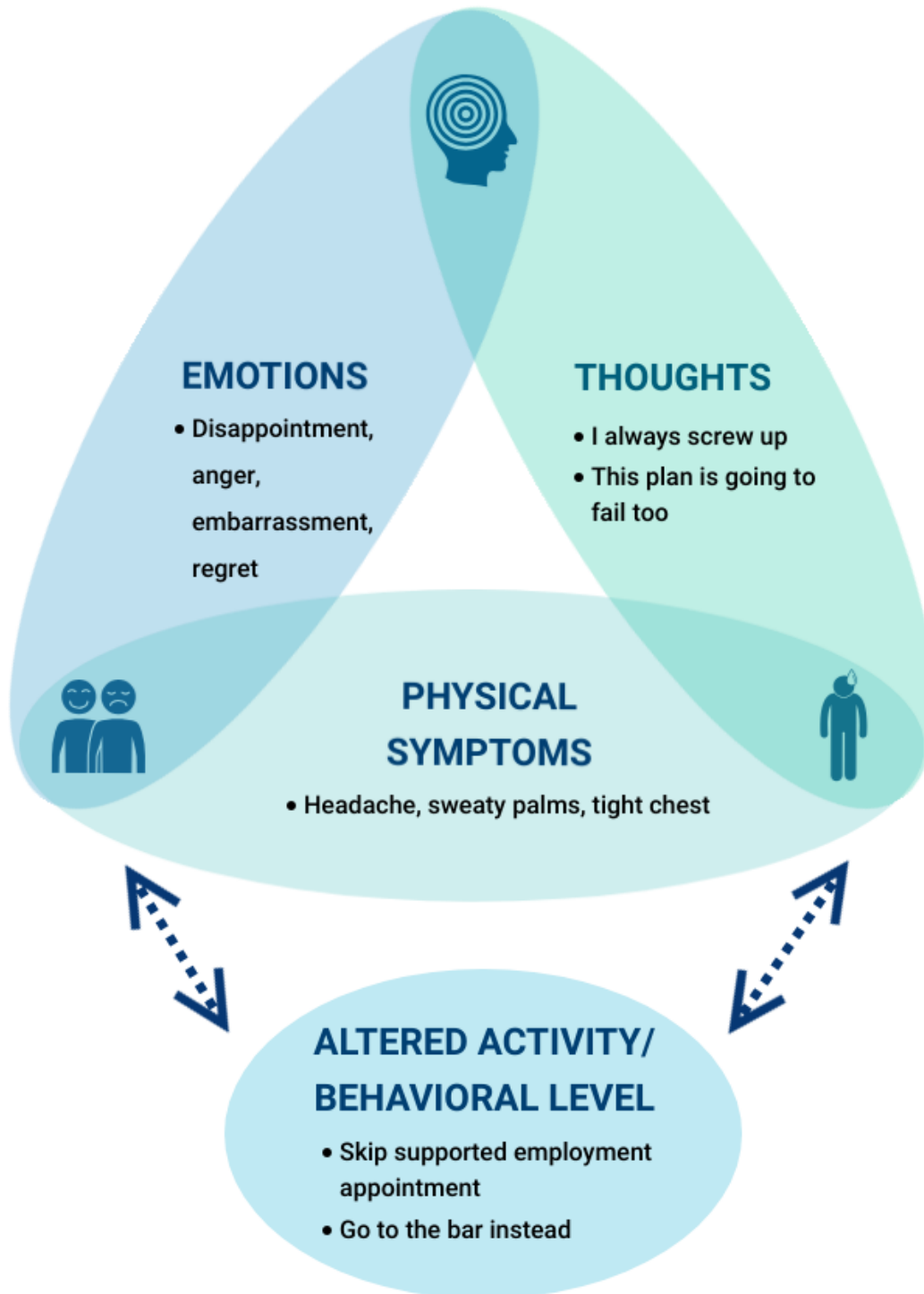
Example 2 of a Completed CBT Triangle

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.



3. Explore and Challenge Negative Thoughts

Facilitator-led activity:

Work with participants to complete the **CBT Triangle** with an example from the recent week's homework (**Weekly Goal Guide**). This can be a step they achieved or did not achieve. Work together to tease apart the situation, feelings, thoughts, physical symptoms, and behaviors. Work through as many examples as you can. The facilitator may provide blank **CBT Triangle** Worksheets for At-Home Practice. Emphasize to participants that they cannot often change situations but do have choices in thoughts and behaviors that can alter the whole diagram.

4. At-Home Practice

Ask participants to complete the **Weekly Goal Guide** with two small steps toward their goal.