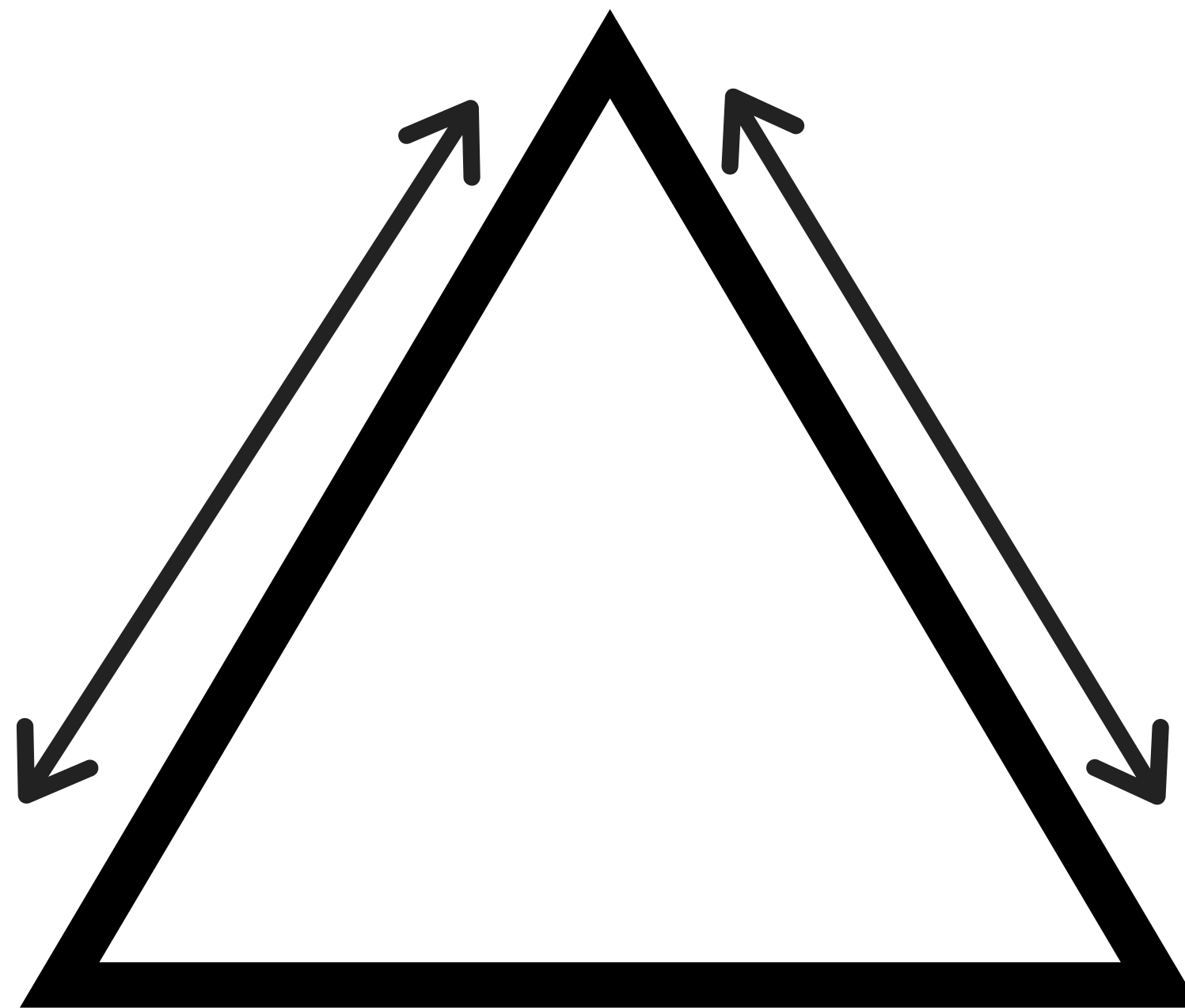


CBT Triangle

TENDING TO YOUR MENTAL
HEALTH

Thoughts



Emotions

Thoughts

Explanation

The Cognitive Behavioral Triangle aims to show the relationship between our thoughts, emotions and behavior. In essence, if we are able to identify and correct irrational thoughts, it leads to healthier feelings/emotions and ultimately healthier behavior patterns.