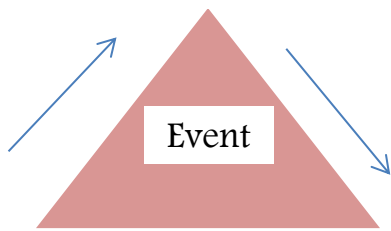


Feeling



Event

Thinking ← Doing

Event:  
"Something Happens"



Thoughts:  
"I tell myself something about the event"



Feelings:  
"I feel something about the event"



Behaviors:  
"I do something in reaction to the event"



Adapted from Monica Fitzgerald, Ph. D; Medical University of South Carolina

# Thinking Triangle

Something Happens

Thoughts About the Event

I Felt Something About the Event

I Do Something in Reaction to the Event

Are my thoughts accurate or helpful?

What can I say to myself that would be more accurate or positive?

How would I feel if I told myself this?