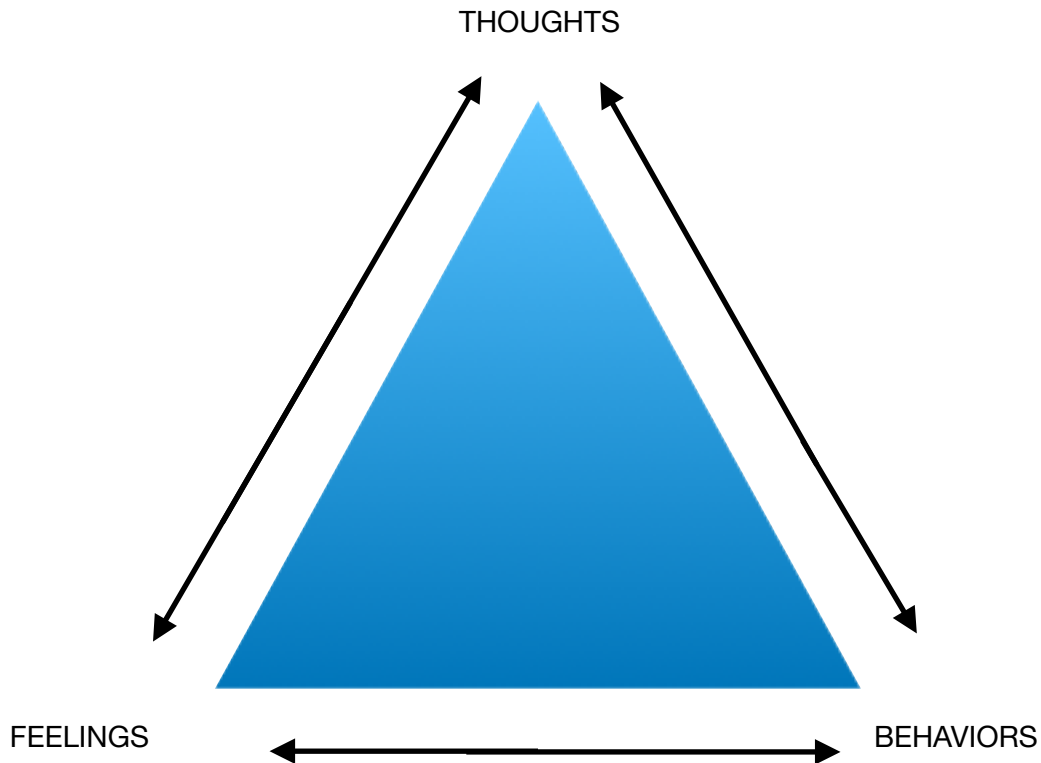


## Cognitive Behavioral Therapy: The Cognitive Triangle



- CBT is based on the idea that thoughts, feelings, and behaviors are all inter-connected. This is true for every person.
- Since thoughts, feelings, and behaviors are all inter-connected, if you can change any part of the triangle (a thought, feeling, or behavior), the other parts of the triangle could change as well
- The goal is CBT is to catch, check, and change unhealthy thoughts, feelings, or behaviors
- CBT is based on hundreds of scientific studies; it is an evidence-based therapy!