

Cognitive Triangle

About

In any situation, we have...

Thoughts

What thoughts did we have during the situation?

Feelings

How did the situation make us feel?

Behaviors

How did we respond to the situation?

Example Situation: Failing an exam



"I never do well in this class, why even try?"



"I didn't do very well, so I'll study even harder and ace the next one!"



Shame, hopelessness



disappointment, determination



Not trying on/ studying for future exams



Planning ahead to set aside time for study

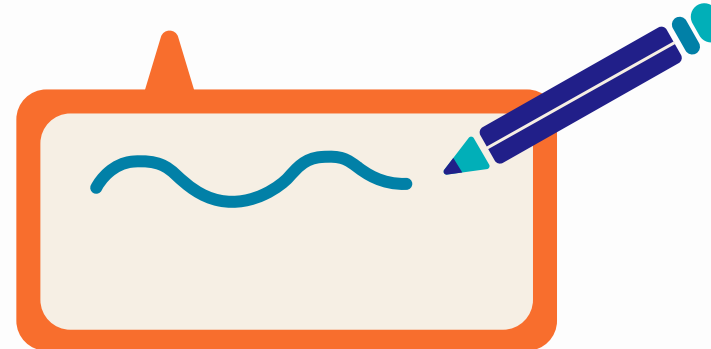
Instructions

1. Click on a colored tip to input entry for the action corresponding to that color.
2. Fill in all three actions (Thoughts, Feelings, Behavior)
3. Then, click "Save Entry" to save it to your history.

①



②

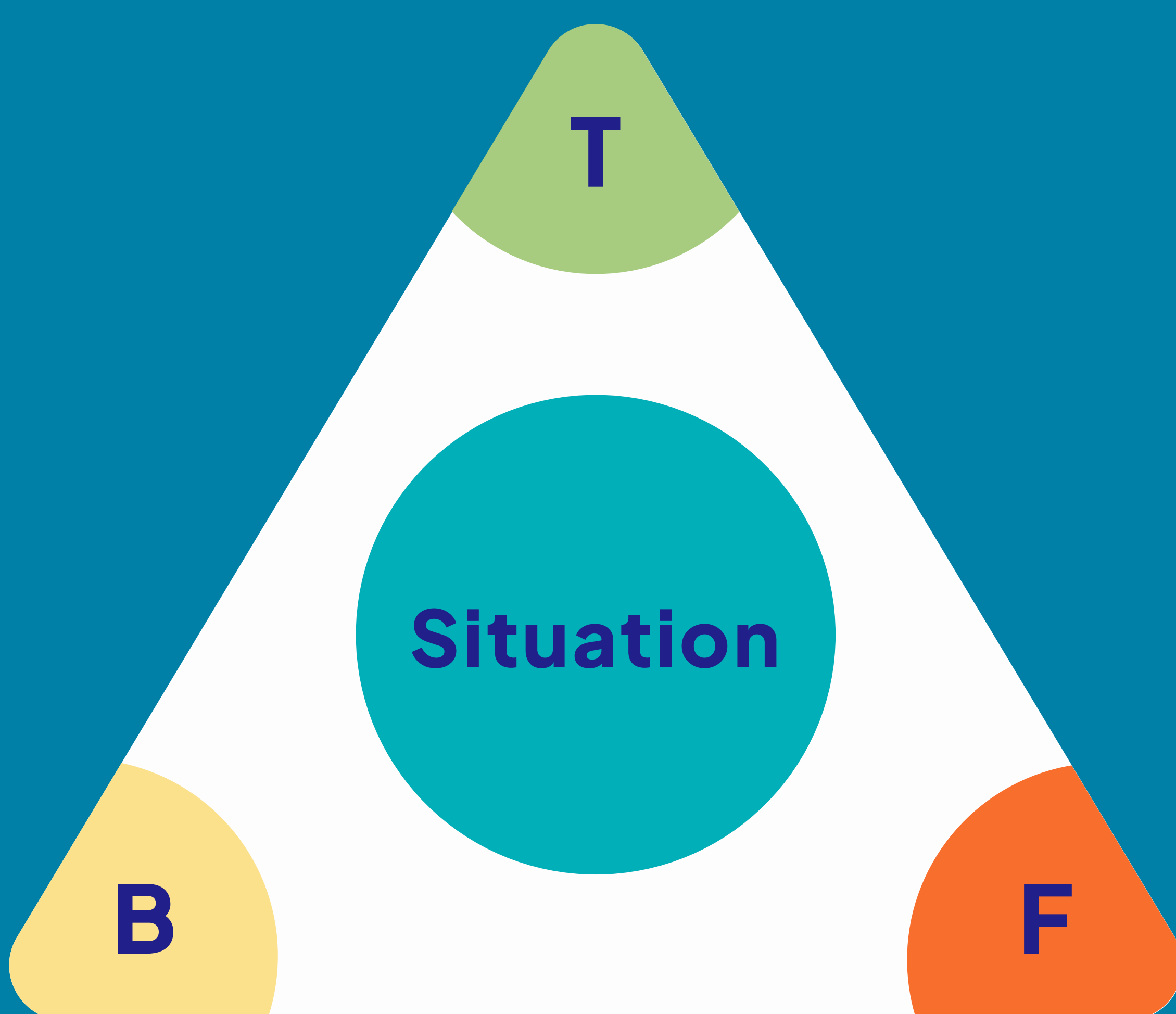


③



Save Entry

CogTri



Save Entry

See History