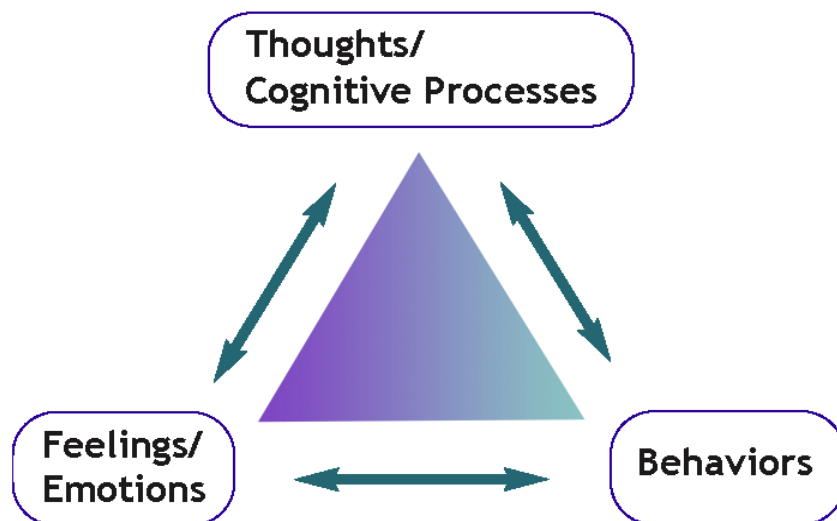


# The Workings of the CBT Triangle

*Always consider the flow of the triangle*



## Mechanisms of Action

- > Each point of triangle influences every other point
- > Consider back and forth influences between and among points
- > Circular motion or flow (in any direction, from any point)

## Assess the Context of a Situation (or Moment)

- > Describe a situation or moment: who, what, where, when
- > A person is an “agent” with thoughts, feelings and behaviors
- > Assess the flow within triangle (which points to why??)

## Actions for CHANGE

- > People want to feel better, BUT feelings cannot be changed directly
- > Direct changes are made with Behaviors and Thoughts
- > In CBT, the cycle of change begins with ACTIVE choices to change behaviors and thoughts, which by definition will influence feelings
- > The cycle of positive change is perpetuated by a person’s experience of success: success promotes actions to continue the cycle