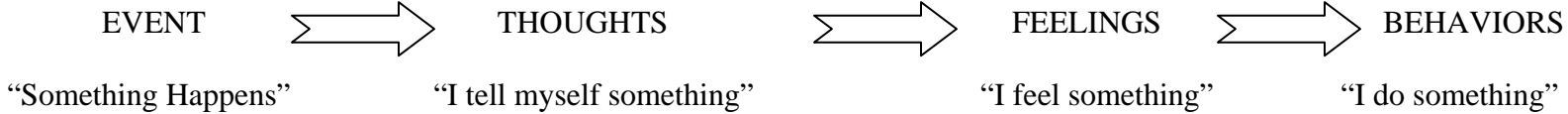
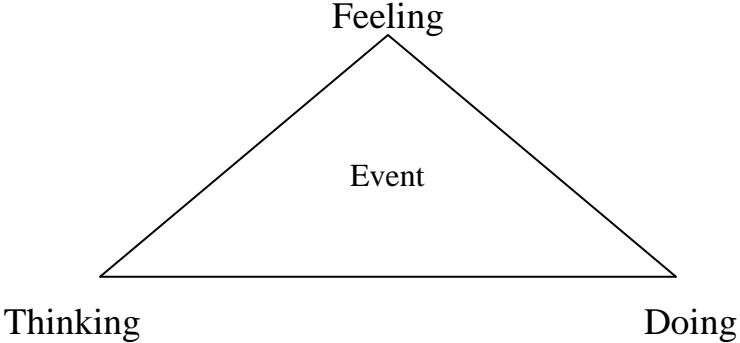
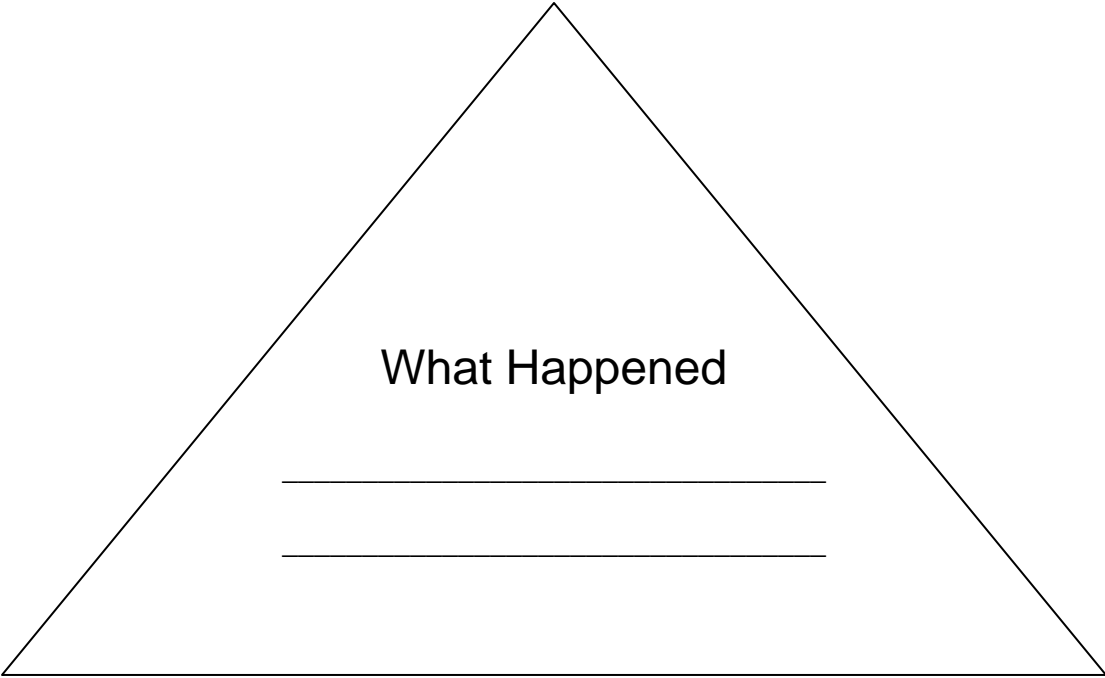


Cognitive Triangle Worksheet



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Feeling

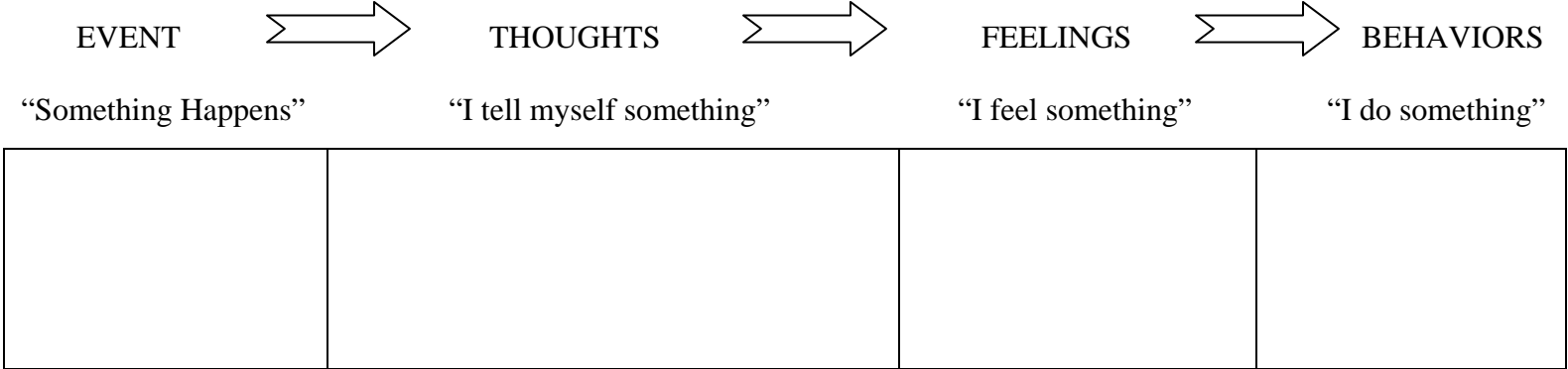
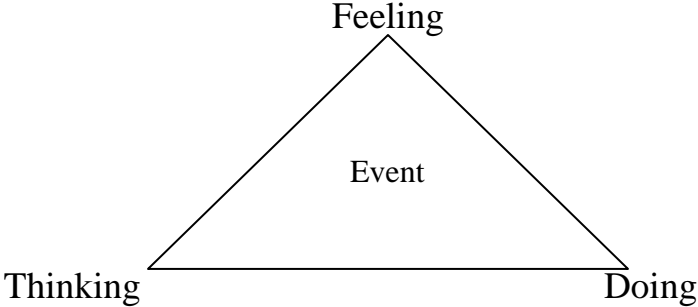


What Happened

Thinking

Doing

Cognitive Triangle: Challenging Your Thinking Mistakes



Are my thoughts accurate? _____

Are my thoughts helpful? _____

Am I falling into a Thinking Mistake trap*? (If so, which one) _____

What could I say to myself that would be more accurate, positive, or helpful? _____

How would I feel if I told myself this? _____

*Thinking Mistakes Worksheet (e.g., Herbert (2005), *Thinking Mistakes Form*, Drexel University, Philadelphia.