



# Cognitive Behavioural Triangle

**This activity aims to improve awareness of the connections between our thoughts, feelings and the behaviours that result.**

The outcome of this is that it allows you to identify how both negative and positive events can change our thinking pattern.

In the table overlaid, list two negative and two positive events in your life. Think about how that made you feel and how those feelings may have in turn, influenced your behaviours.



**We're here. Isle Listen.**

	EVENT	Thoughts	Feelings	Behaviours
Negative (1)				
Negative (2)				
Positive (1)				
Positive (2)				

