CBT Triangle Map

One situation. Catch the loop between thoughts, feelings, and behaviors.

Name: _____ **Date:** _____

Situation (just the facts: who, what, where, when): _____

Thoughts

What went through my mind? Exact words.

_____

_____

_____

_____

_____

Feelings

Emotion words + rating 0 to 10

_____

_____

_____

_____

Body cues:

_____

_____

Feeling before: _____ /10

Behaviors

What I did, avoided, or felt pulled to do

_____

_____

_____

_____

_____

Urge I noticed:

Which corner is easiest to change first?

- ☐ Thoughts
- ☐ Feelings
- ☐ Behaviors

One small experiment I will try: _____

Feeling after: _____ /10 **What changed?** _____

Original layout by Lotus & Tulip, based on the CBT thoughts feelings behaviors model. A practice tool, not therapy.

Free printable from Lotus & Tulip · lotustulip.com/cbt-triangle-worksheet.html

Triangle Practice Log

Four situations across a week. Keep each row short. Look for the same loop.

Name: _____ **Date:** _____

	Situation When and where	Thoughts Exact words	Feelings 0 to 10	Behaviors Did / avoided	Next step Small experiment
1					
2					
3					
4					

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What I Thought, How I Felt, What I Did

A CBT triangle for kids and teens. Thoughts, feelings, and actions all connect.

Name: _____ **Date:** _____

What happened? (just the facts) _____

_____

What I Thought

What did my brain say?

_____

_____

_____

_____

How I Felt

Circle a face. Rate 1 to 5.


mad


sad


worried


ok


other

Big feeling (1 to 5): _____

What I Did

What I did or almost did

_____

_____

_____

_____

_____

_____

_____

Helpful thought I can try

_____

What I can do next time: _____

A grown up I can talk to: _____

Helpful thought ideas (circle one):

- I can try again.
- I don't know yet.
- This is a small problem.
- I can ask for help.
- One bad moment is not a bad day.

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