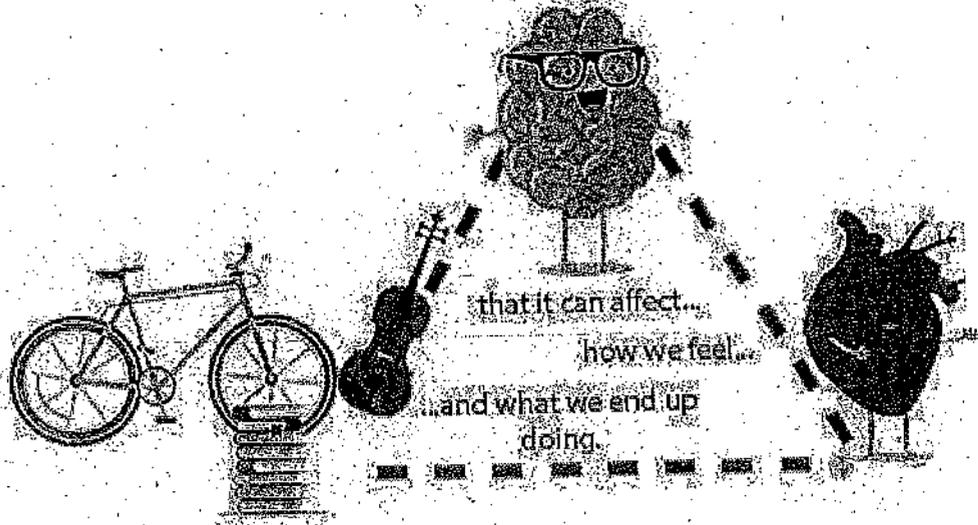


The CBT Triangle

Our thoughts are so powerful



THOUGHTS

What we **think** affects
how we feel and act

CBT

CHANGING PERCEPTIONS

EMOTIONS

What we **feel** affects
how we think and act

BEHAVIORS

What we **do** affects
how we think and feel

