

Simple CBT Model

Cognitive Behavioral Therapy(CBT) is a great resource for looking at how a situation affects your thoughts, feelings and reactions. Use this simple model for CBT to understand how all 4 elements work together. This will guide you in understanding the process of using CBT to modify your thoughts, feelings and behaviors when stressed or upset.

Situation ➡ **Thoughts** ➡ **Feelings** ➡ **Reaction**

What triggered you?	What did it make you think?	How did it make you feel?	What did you do in reaction?
Why did it trigger you?	What does it mean about you?	How intensely do you feel these feelings (% of intensity)?	Why did you react this way?
			Are you happy with your reaction? (circle one) Yes / No
What do you need to change to prevent these thoughts, feelings and reactions next time?			