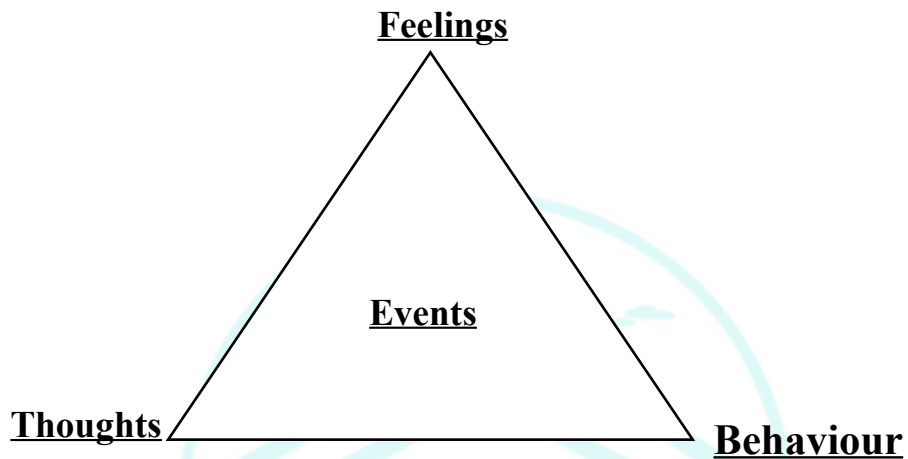


In Session CBT exercise For Kids or Adolescents

Cognitive Behaviour Triangle

This activity will bring awareness of how our thoughts, feelings and behaviour are connected and identify how negative events can change our thinking patterns. Identify two positive events and two negative events and complete the spaces below. Discuss this with your therapist; your thoughts about it, your feelings related to it, and how these both may affect your behaviours.



Event	Thoughts	Feelings	Behaviour
Negative			
Negative			
Positive			
Positive			