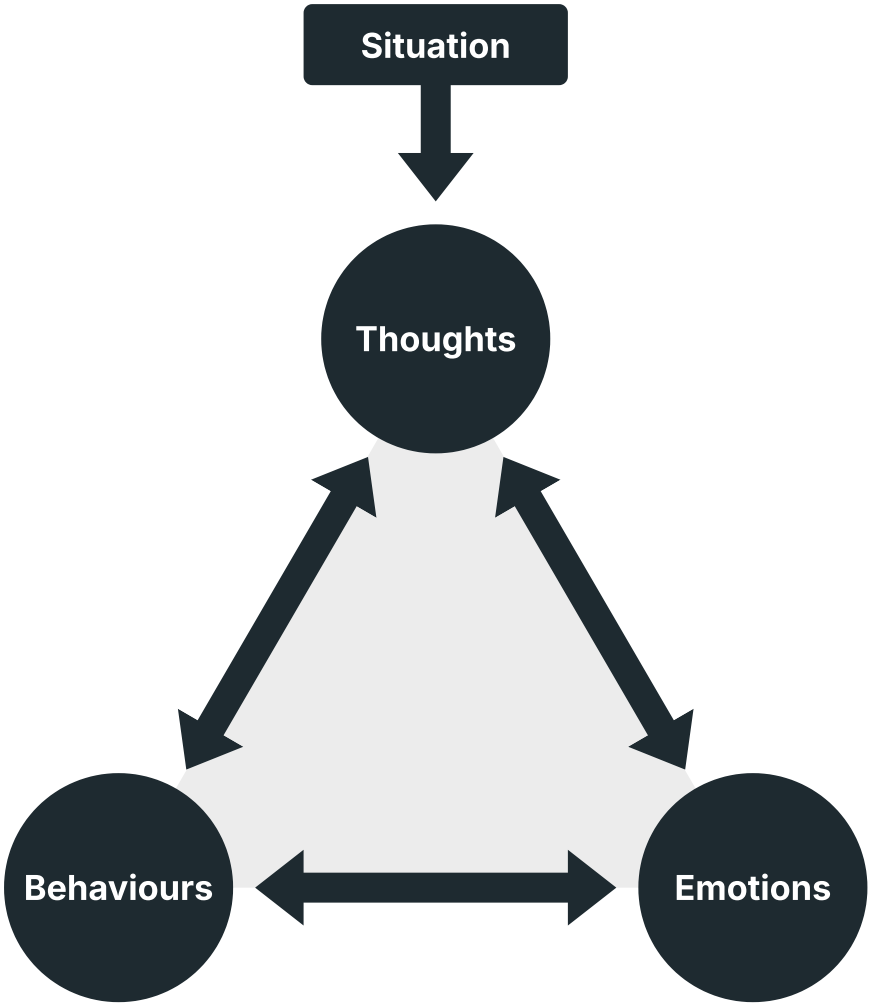
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The cognitive triangle

The **cognitive triangle** shows how thoughts, emotions and behaviours are linked, each affecting the others. So changing a *thought* can change what you *feel* and *do* too.



A **situation** is something that happens, big or small, that sets the triangle going.

Thoughts are the sense you make of a situation. If a friend walks past without saying hello, you might think: "I've upset them" or "They can't have seen me."

Emotions are what you feel, such as content, low, cross or scared. You can feel them in your body too, like being heavy and tired when you're low, or a knot in your stomach when you're anxious.

Behaviours are what you do about it. That could be something you say or do, or something you decide not to do.