

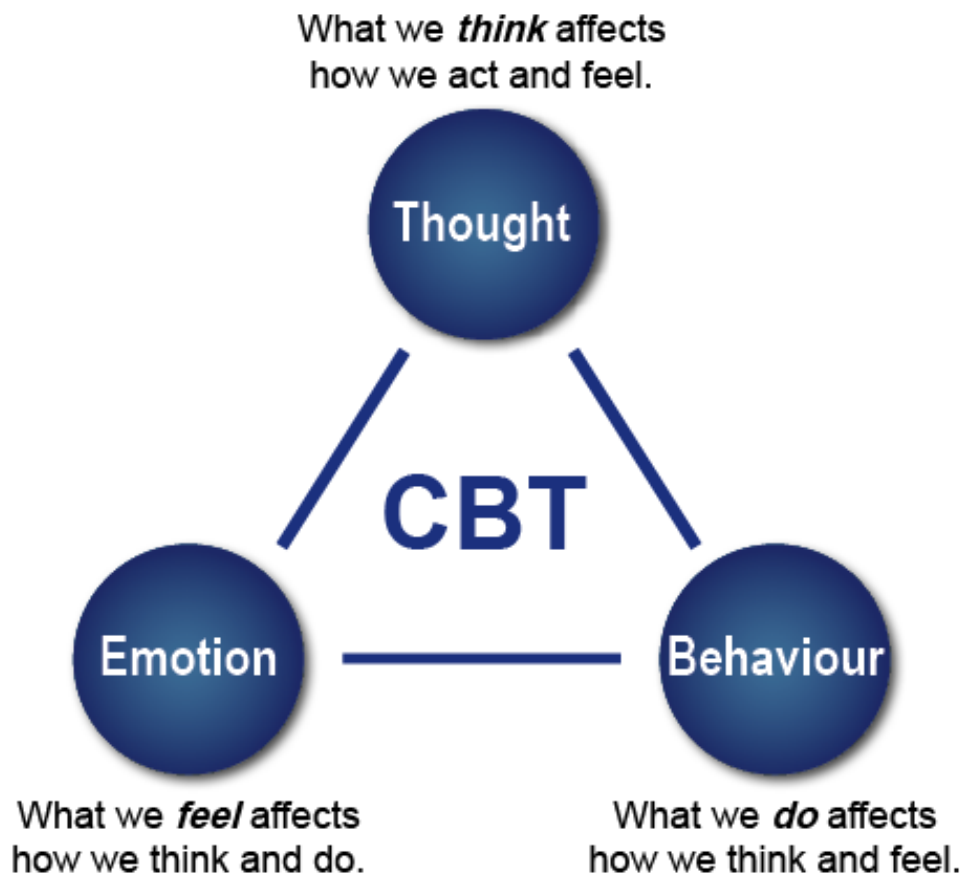
Breaking Down CBT

Triggers are emotional, social and environmental factors that provoke a memory or impulse.

Thoughts -the act of thinking about something to form ideas and opinions, or an idea or opinion produced by thinking.

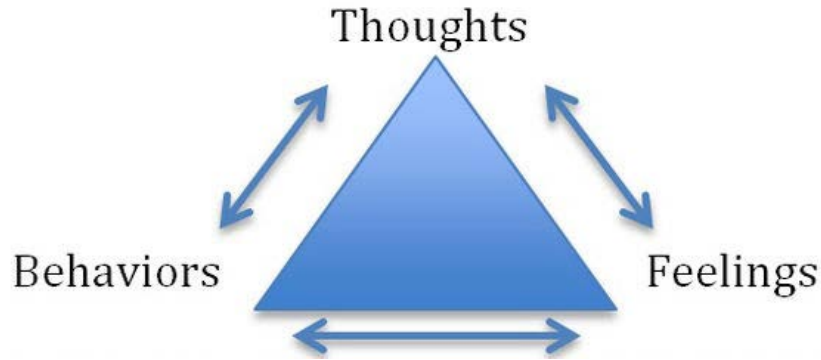
Emotions – an emotional state or reaction

Behaviours - anything that we do that can be observed involving action or response to stimulation



Looking at our Thoughts

It is important to look at the relationship between our thoughts, feelings and behaviours.



Let's look at an example of how thoughts influence feelings and behaviours:

Situations	Thoughts	Feelings	Behaviours
A friend is late for the movie.	"I hope he is okay, and nothing happened to him"	Anxious or worried	Pacing Biting nails Can't sit still
Try doing your own example now			