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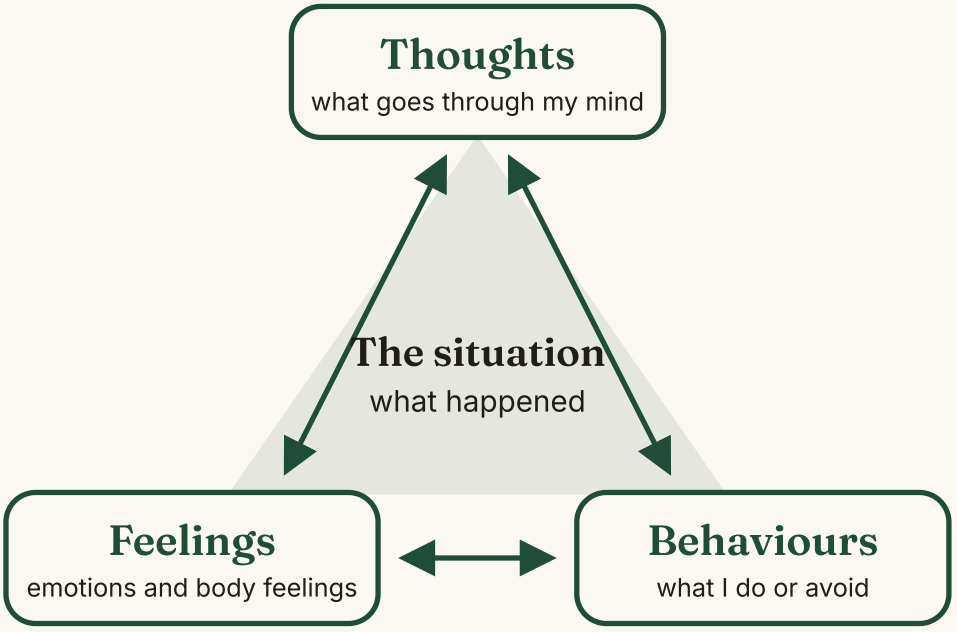
My Thoughts, Feelings and Behaviours Triangle

Map one moment into thoughts, feelings and behaviours, and notice how they link. A self-help version of an idea used in CBT, not therapy. If a moment involves harming yourself, stop and see selfgrowth.org/help.

THE THOUGHTS, FEELINGS AND BEHAVIOURS TRIANGLE



Each corner can nudge the others. Write what you notice in each corner below, then, if you want to, look for one corner you could change a little.

01 Before I start

Check in first. This sheet is for everyday moments. If anything below is true, set it aside and look at the support section at the end.

Tick any that are true right now:

- [ ] The moment I'm thinking of involves harming myself or not wanting to be here
- [ ] It is tied to something painful that happened to me, and I don't feel ready to revisit it
- [ ] My feelings are getting in the way of my life, or I'm worried about how long they have lasted
- [ ] None of these. I'm ready to look at an everyday moment

If I ticked any of the first three, the person or line I'll turn to first (a friend, my GP, Samaritans 116 123, 988 in the US) is:

02 The situation

What happened, as a camera would have seen it. Facts only: who, where, when.

The situation:

03 Corner 1: Thoughts

What went through your mind? Write it the way it sounded in your head, including any pictures or memories that came up.

My thoughts:

How much did I believe the main thought at the time?

1 2 3 4 5 6 7 8 9 10

Not at all — Completely

04 Corner 2: Feelings

Name the emotions in a word or two, and anything you noticed in your body, such as a tight chest, tired legs or a knot in your stomach.

The emotions I felt:

What I noticed in my body:

How strong was the strongest feeling?

1 2 3 4 5 6 7 8 9 10

Barely there — As strong as it gets

05 Corner 3: Behaviours

What did you do, or not do? Include things you avoided, put off or stopped doing, and anything you did to feel better in the moment.

What I did, or didn't do:

06 How do the corners link?

Look at what you've written. You're looking for links you can see, not proving anything. Leave a line blank if you don't see one.

How did my thoughts seem to shape what I felt?

How did what I felt seem to shape what I did?

How did what I did seem to affect my thoughts or feelings afterwards?

07 One corner I could shift a little

You don't have to change anything. If you'd like to try, pick one corner and one small change. These three are the kinds of approach the NHS lists for CBT. Choose a step that feels safe. Don't push yourself towards something that frightens you a lot without support.

A small change could be:

- [ ] Thoughts: question the thought and write a fairer one (see the thought record worksheet)
- [ ] Feelings: notice the emotion and the feeling in my body without reacting to it for a minute
- [ ] Behaviours: do one small thing differently, or one small thing I've been avoiding, that feels safe
- [ ] None. I just wanted to see the links

The corner I'd choose, and the small change I'd try:

Who or what could help me with it (a friend, a plan, my GP):

08 Looking back

Come back to this after you've tried it. There is no right outcome.

What happened when I tried it, and what I noticed in each corner:

What I'd do the same, or differently, next time:

09 Another moment

For later moments. One row per moment. It's for noticing, not scoring.

Situation	Thought	Feeling	What I did

10 If this is bringing things up

A worksheet is a small tool. Some feelings need a person. Tick anything that fits and decide who you'll tell.

- [ ] My feelings are getting in the way of my life, or feel too heavy to look at alone
- [ ] They affect my sleep, work or relationships
- [ ] I'll talk to my GP, or refer myself to a talking therapy (NHS Talking Therapies in England)
- [ ] I'll tell someone I trust this week
- [ ] If I think about harming myself: Samaritans 116 123 (UK and Ireland), call or text 988 (US), findahelpline.com elsewhere

When you're done, a moment to reflect

- Which corner did I find easiest to write, and which was hardest?
- Did I see a link I hadn't noticed before?
- Is there a corner I'd like to leave as it is, and that's fine?
- What would I say to a friend who described this same moment?

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at **findahelpline.com**. If you're in immediate danger, call your local emergency number.