

# Thinking, Feeling, & Behaving!

Cognitive-behavioral therapy (CBT) is all about changing perceptions. This exercise will help you gain insight into how your thoughts, emotions, and behaviors are all connected. Here you will dig deeper into your thought processes to evaluate how they affect your emotions and behavior while bringing your inner critic to light. Only then can you formulate a plan to remedy the maladaptive thoughts and replace them with more positive ones. In this exercise, you will choose one situation that triggers anxiety and/or depression symptoms and answer the questions that follow. You can do this exercise with any situation to further evaluate your thought process.

1. What situation have you identified that triggers a negative thinking pattern?

2. What are your thoughts and beliefs about this situation? Write whatever comes to mind.

3. How do you feel emotionally about your thoughts and beliefs you have about the situation? What emotions come up?



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4. How does your body feel when you have those thoughts and feelings about the situation? What sensations do you feel?

5. How does your thought process affect your behavior? What are some of your actions after you are triggered?

6. What did you learn about yourself after answering the previous questions?

7. What do you need at that moment (during the situation)?



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8. Did you figure out the root cause of your trigger in this situation? What was it?

9. How can you change or improve how you handle the situation next time?

10. What's your plan for moving forward?

11. Take this time to write positive thoughts to replace the negative thoughts you have written down in question #2.



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