

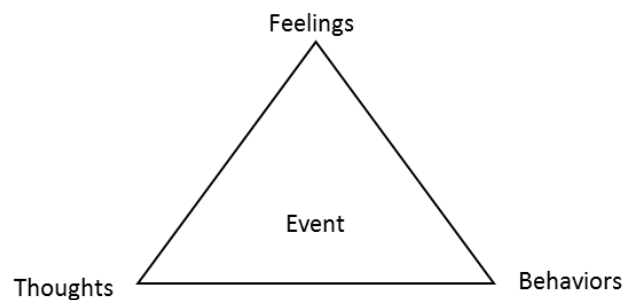
Activity: The Cognitive Triangle

Topic: The Latest Major Events in My Life

Instructions:

Show the connections between your thoughts, feelings, and behaviors, during five latest major events in your life.

List down your answers on the space provided for.



Event <i>What happened?</i>	Thoughts <i>What did you think because of what happened?</i>	Feelings <i>What did you feel because of what you thought?</i>	Behaviors <i>What did you do about it?</i>

Guide Questions

- Did you encounter difficulties in recalling your thoughts, feelings, and behavior? Why or why not?
- Looking at these now, what is your evaluation of your past thoughts, feelings, and behaviors concerning the latest major events in your life?
- Based from this activity and in your own words, explain the connections of thoughts, feelings, and behavior in our actual life situations.
- What are your realizations after this activity?
- How can these realizations improve the way you think, feel, and do?

Reference

Fitzgerald, M. (n.d.). Cognitive triangle: Challenging your thinking mistakes [PDF]. Retrieved from <https://goo.gl/Uj198V>