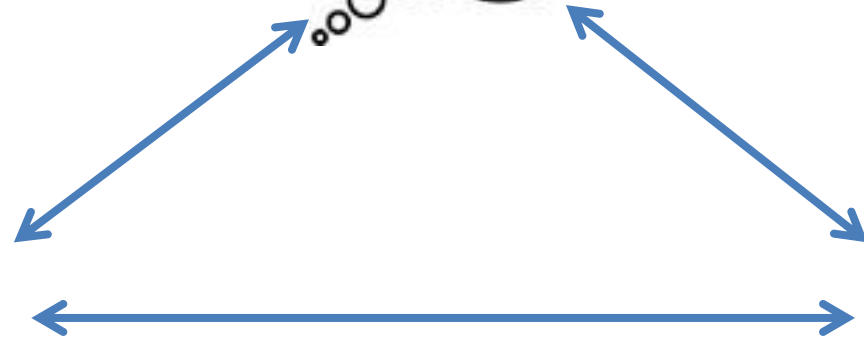


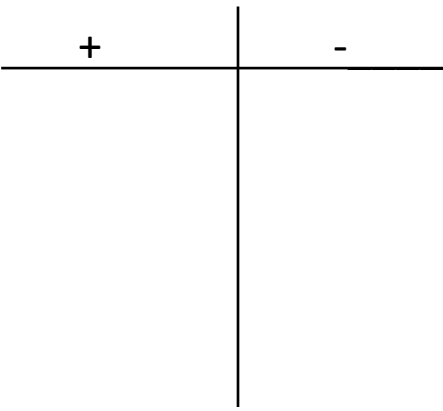
THE COGNITIVE TRIANGLE

Helpful thoughts

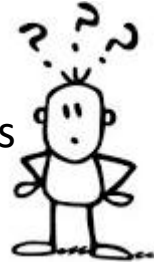
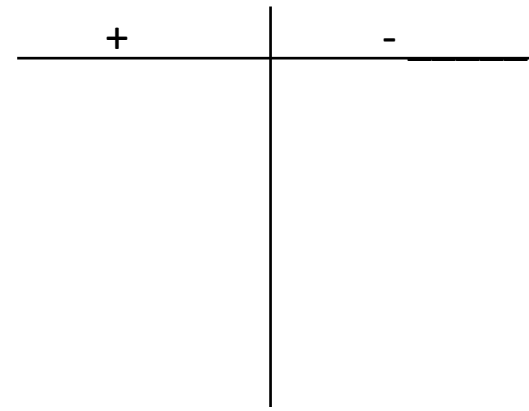
Unhelpful/inaccurate thoughts



Behaviors



Feelings



Consequences

