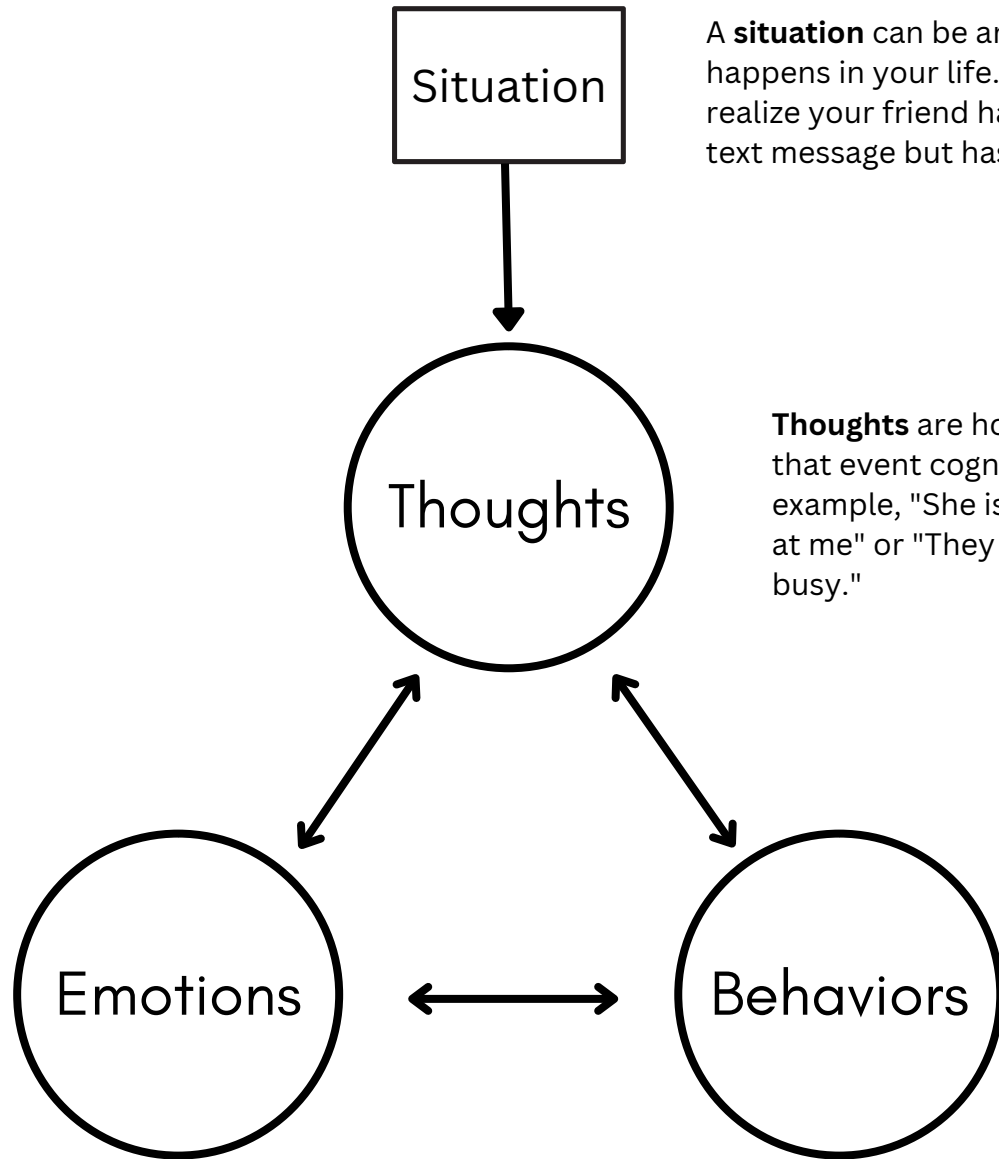


CBT Explained



A **situation** can be anything that happens in your life. For example, you realize your friend has read your last text message but has not responded.

Thoughts are how you interpret that event cognitively. For example, "She is probably mad at me" or "They must be really busy."

Emotions are the feelings that arise in response to your thoughts. Emotions may be sadness, happiness, anger, fear, etc. How might you feel if you believed that your friend is mad at you?

Behaviors are actions that you take in response to a situation (or inaction). How might you act if you believed your friend was mad at you?

Thoughts, emotions, and behaviors are connected and impact each other. CBT helps with identifying where we can intervene, make adjustments, and change the dynamics for a healthier and more meaningful life.