

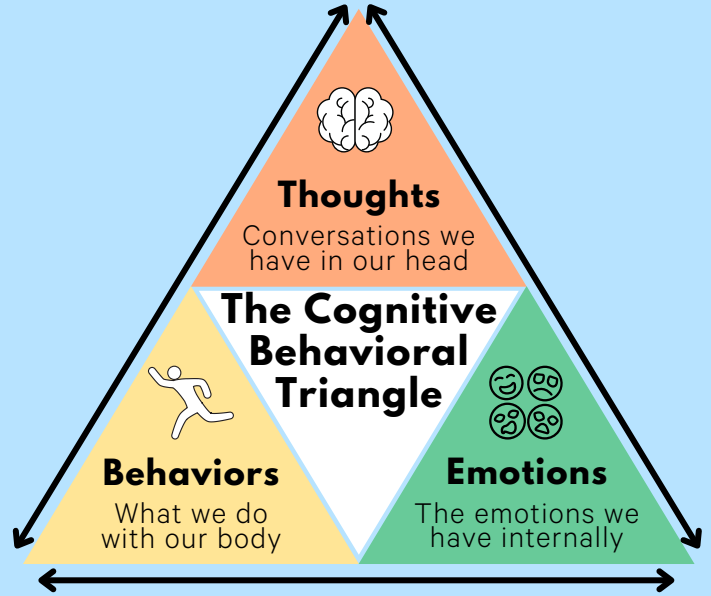
CBT Practice





Thoughts, Feelings, & Behaviors

Lets Practice

The first step in CBT is increasing your awareness to your internal state. This means noticing how your body responds to the environment around you. Practice noticing the thoughts and feelings that you have inside your body. Here's how:

- 1. Stressor**
Right down things that happen around you. Write this down in the "EVENT" box.
- 2. Internal Thought(s)**
Pay attention to what thoughts you have about that event. Write it down in the "THOUGHT" box.
- 3. Feelings**
Then notice the feelings or emotions you have based on those thoughts.
- 4. Behaviors**
Finally, notice what you do with your body or what other people can see.



EVENT 	THOUGHT 	FEELING 	BEHAVIOR 
What happens in the environment	Internal conversations inside your brain	The emotions you noticed (think emojis)	What your body did (external) & felt (inside)