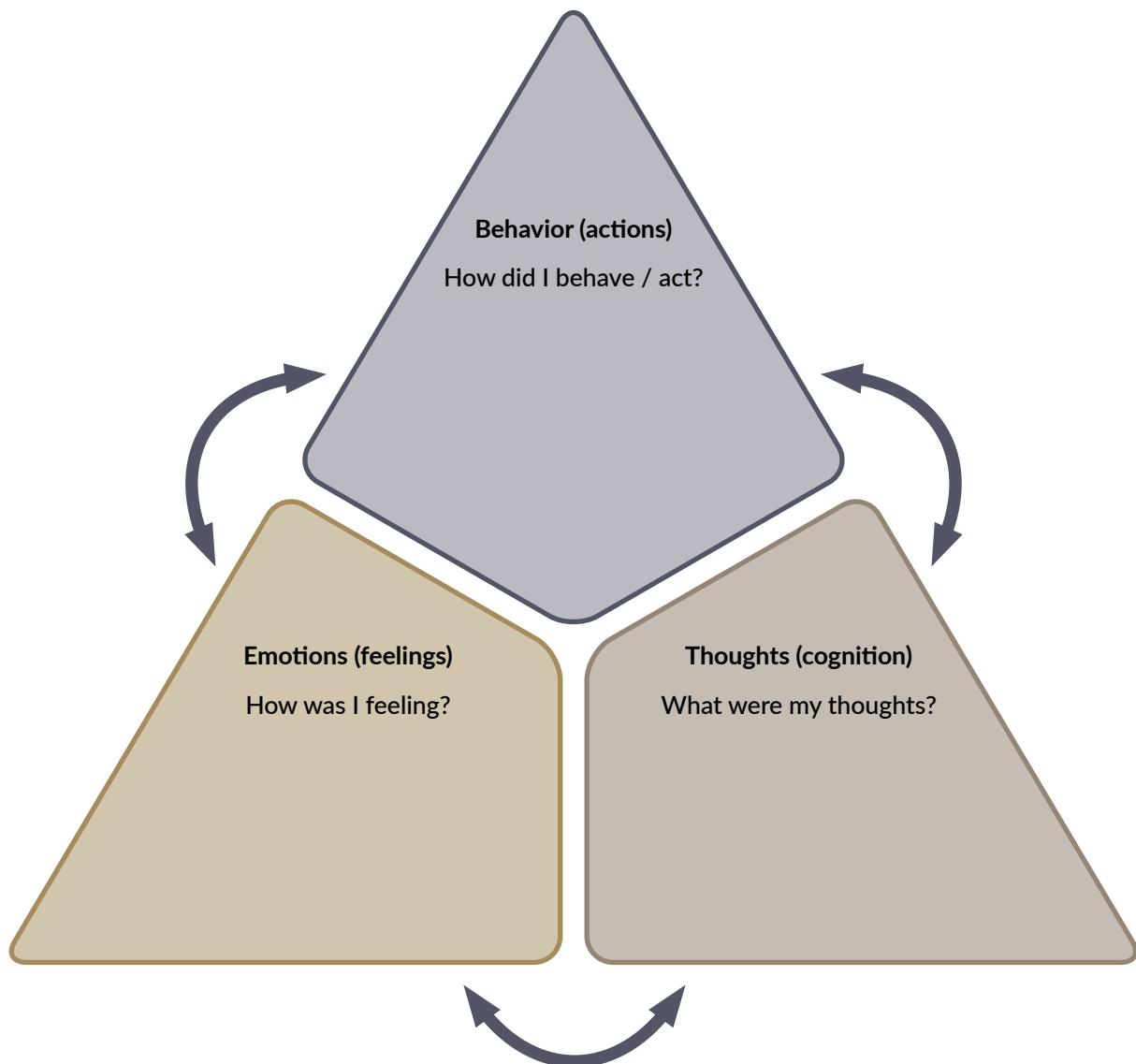


Alternative Thoughts

Identifying Alternative Thoughts with the CBT Triangle

We can support clients in reducing or stopping harmful behavior by helping them understand their negative thoughts and replace them with more positive ones.

Ask the client to review the following diagram, exploring the links between thoughts, feelings, and actions, and then perform the following steps.



1. **Step one:** Think of a recent situation that led to negative emotions or behaviors.
2. **Step two:** What negative or unhelpful thoughts were involved? Capture them in the 'thoughts' box.
3. **Step three:** Reflect on how you were feeling at the time and complete the 'emotions' box.
4. **Step four:** What were the behaviors or actions associated with the event? Complete the 'behavior' box.
5. **Step five:** Reflect and discuss the connections between the thoughts, feelings, and actions. How did they influence one another?

6. **Step six:** Write out more positive, alternative thoughts replacing those captured in step two.

7. **Step seven:** How might these alternative (more helpful) thoughts change your emotional responses and behavior? What are the positive outcomes?

8. **Step eight:** Commit to the change. What could you do next?