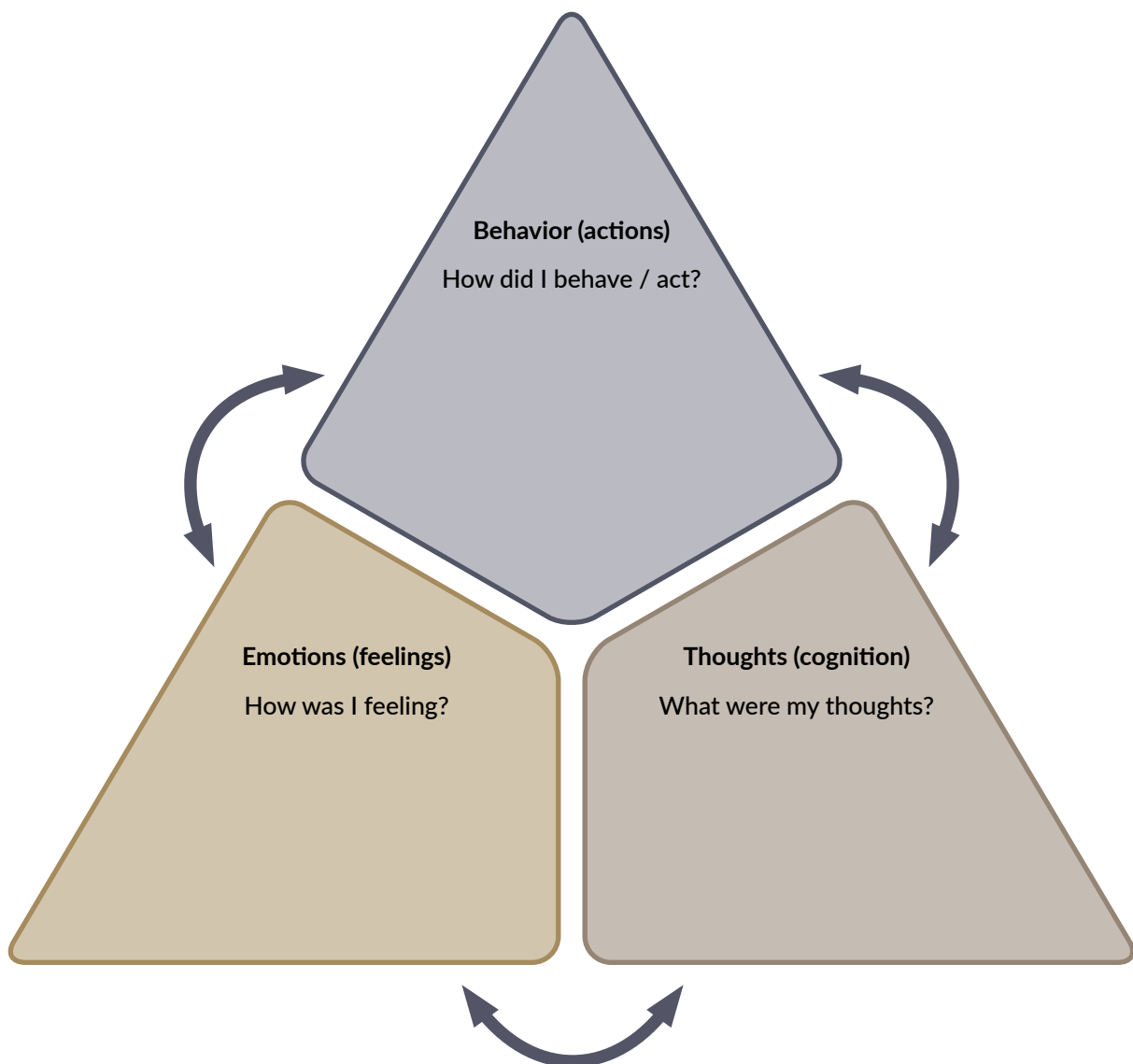


Positive Experience

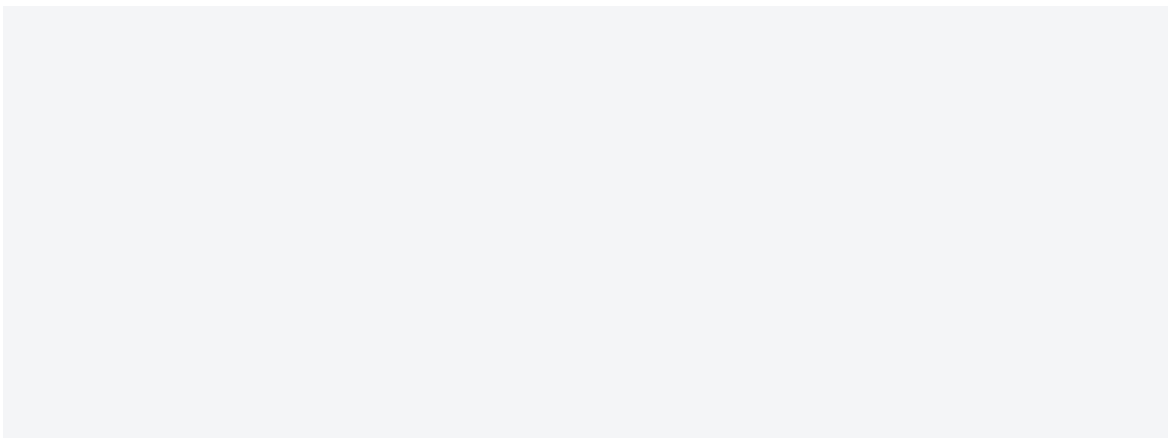
Reflections with the CBT Triangle

Positive thoughts, emotions, and behaviors are a vital aspect of mental wellbeing.

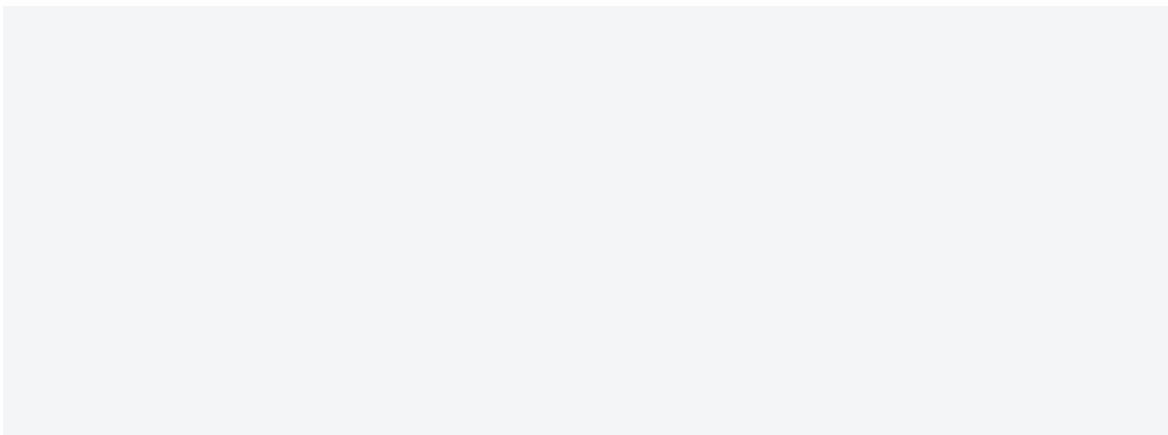
Before completing the steps below, ask the client to review the following diagram, reflecting on the links between positive thoughts, feelings, and actions.



1. **Step one:** Think of a recent positive or enjoyable experience.
2. **Step two:** What positive thoughts were involved in the experience? Capture them in the 'thoughts' box on the diagram.
3. **Step three:** Reflect on how you were feeling at the time. Write down the feelings in the 'emotions' box on the diagram.
4. **Step four:** What actions did you take, or what behaviors did you engage in that enhanced or prolonged such positive feelings? Complete the 'behavior' box on the diagram.
5. **Step five:** Reflect and discuss the connections between these positive thoughts, feelings, and actions. How did they benefit one another?



6. **Step six:** Based on what you have learned, how could you use such positive or similar thoughts in other circumstances?



Dr. Jeremy Sutton