

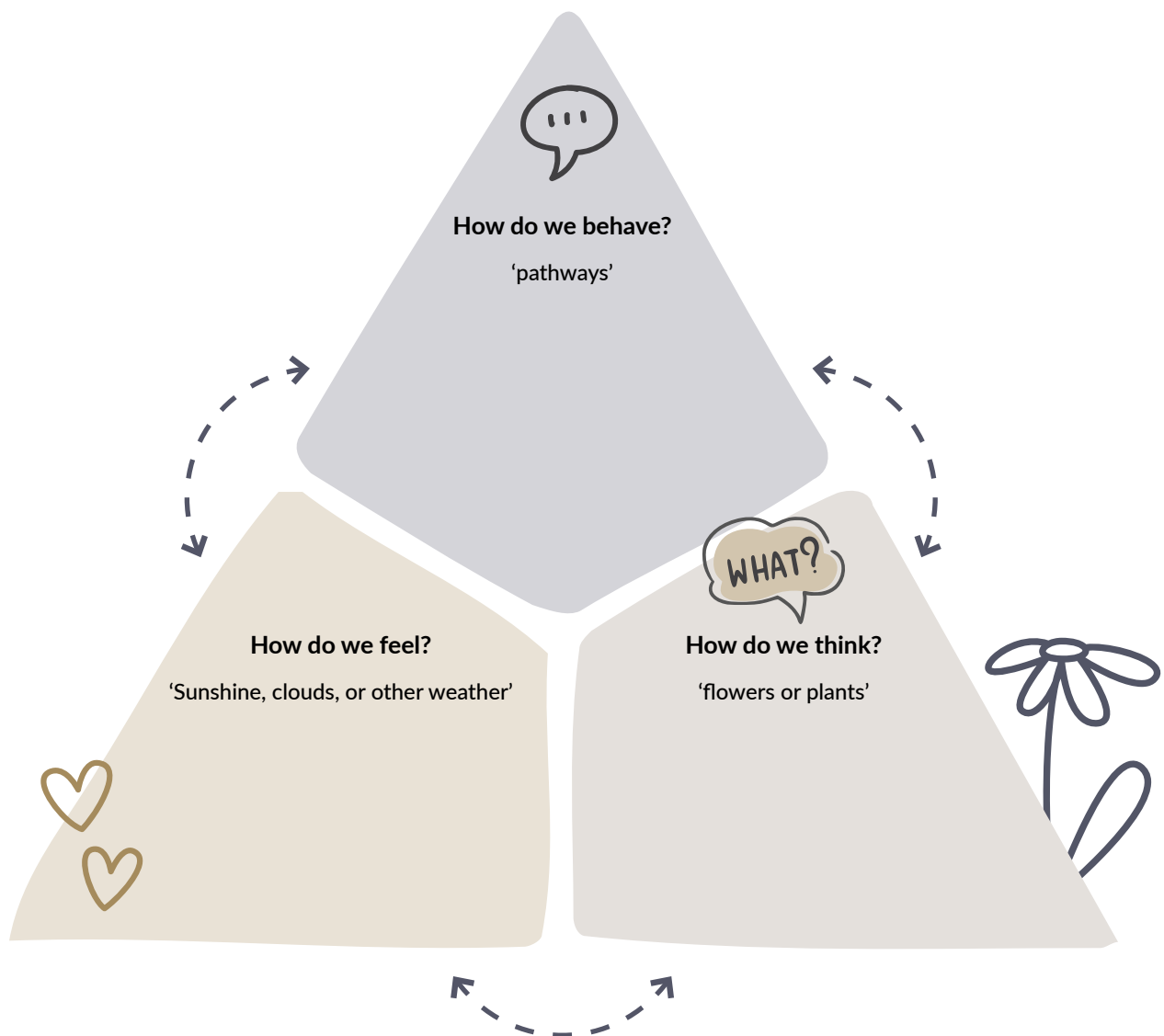
Social Media Scenario

CBT Triangle Simulation for Adolescents

In this activity, the adolescent is encouraged to explore how their thoughts, feelings, and behaviors interact within the context of social media use.

Use page two for the adolescent's answers, and explain the CBT triangle in Step 2.

Understanding how thoughts impact feelings and actions can reduce the negative influence of social media.



1. **Step one:** Think of a time when a post or comment on social media triggered an emotional, possibly upsetting response. Describe it below:

2. **Step two:** Look at and consider the CBT triangle.
3. **Step three: Thoughts** – Describe your initial thoughts after seeing the social media post. Capture them below.

Feelings – How did these thoughts make you feel? Describe the emotions below.

Behaviors – How did you want to respond, act, or behave? Describe below.

4. **Step four:** Have you considered how alternative thoughts might have led you to react differently? What alternative thoughts might you have?

How might these alternative thoughts change your reaction/behavior?