

The CBT Triangle

Use this worksheet to guide conversations about the video.

1. What are some "pink bunnies" for you? Identify a few thoughts that seem to keep coming back no matter how much you try to not think about them. For example: peer drama, a test coming up, getting in trouble at home.
2. Discuss some of the ways your thoughts make you feel. For example, imagine that you walked in on a few people talking and as soon as they saw you, they stopped talking. What would you think? How would you feel? What would you do in response? What if, later on, you learned that they stopped talking because they were planning a surprise for you? How would that change what you think, feel, and do?
3. Do you ever find yourself thinking the negative thought because it feels better to be prepared for a bad thing than to expect a good thing that doesn't happen? What do you think causes that?

Go through a few examples of situations that a person might experience and discuss the thoughts, feelings, and actions involved.

