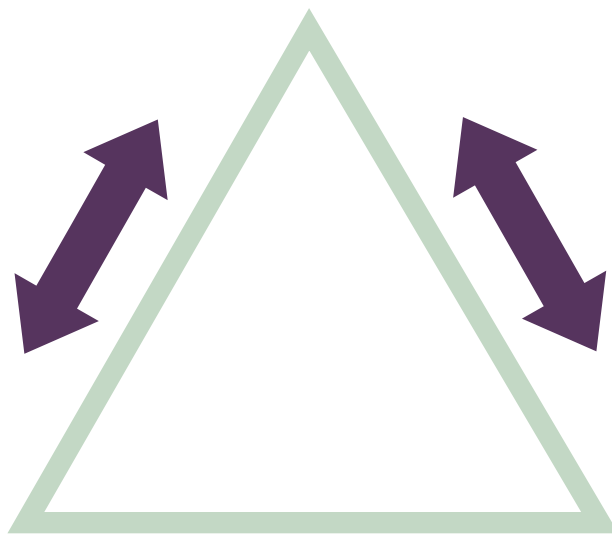


# THE COGNITIVE TRIANGLE

EVENT/SITUATION



THOUGHT



ACTIONS

EMOTIONS/BODILY  
SENSATIONS

