



# Week 1: Introduction to CBT

*Understanding the Cognitive Model*

**Welcome to your 16-week CBT journey.** Cognitive Behavioral Therapy (CBT) is based on a simple but powerful idea: It's not just what happens to us that causes us distress, but how we think about what happens.

Over the next 16 weeks, you will learn skills to identify unhelpful thoughts, change behavior patterns, and build a life that feels more manageable and meaningful.

## The CBT Triangle

Our experience is made up of three interconnected parts: **Thoughts**, **Feelings**, and **Behaviors**. A change in one area creates a ripple effect in the others.

## THOUGHTS

What we think

## FEELINGS

What we feel

## BEHAVIORS

What we do

### Example: The Ripple Effect

Imagine you text a friend and they don't reply for hours.

#### Scenario A:

**Thought:** "They must be mad at me. I did something wrong."

**Feeling:** Anxious, sad, guilty.

**Behavior:** Send 5 more texts apologizing, or withdraw and ignore them later.

#### Scenario B:

**Thought:** "They must be busy at work. They'll reply when they can."

**Feeling:** Calm, neutral.

**Behavior:** Put phone away and go for a walk.

The situation (no text back) is the same. The outcome is completely different based on the thought.

### Week 1 Homework: Notice the Connection

This week, try to catch **one** moment where your mood shifted. Write it down below.

<b>Situation</b> What happened?	<b>Thought</b> What went through your mind?	<b>Feeling</b> Emotion & Intensity (0-10)	<b>Behavior</b> What did you do?