CBT Triangle Poster & Worksheets

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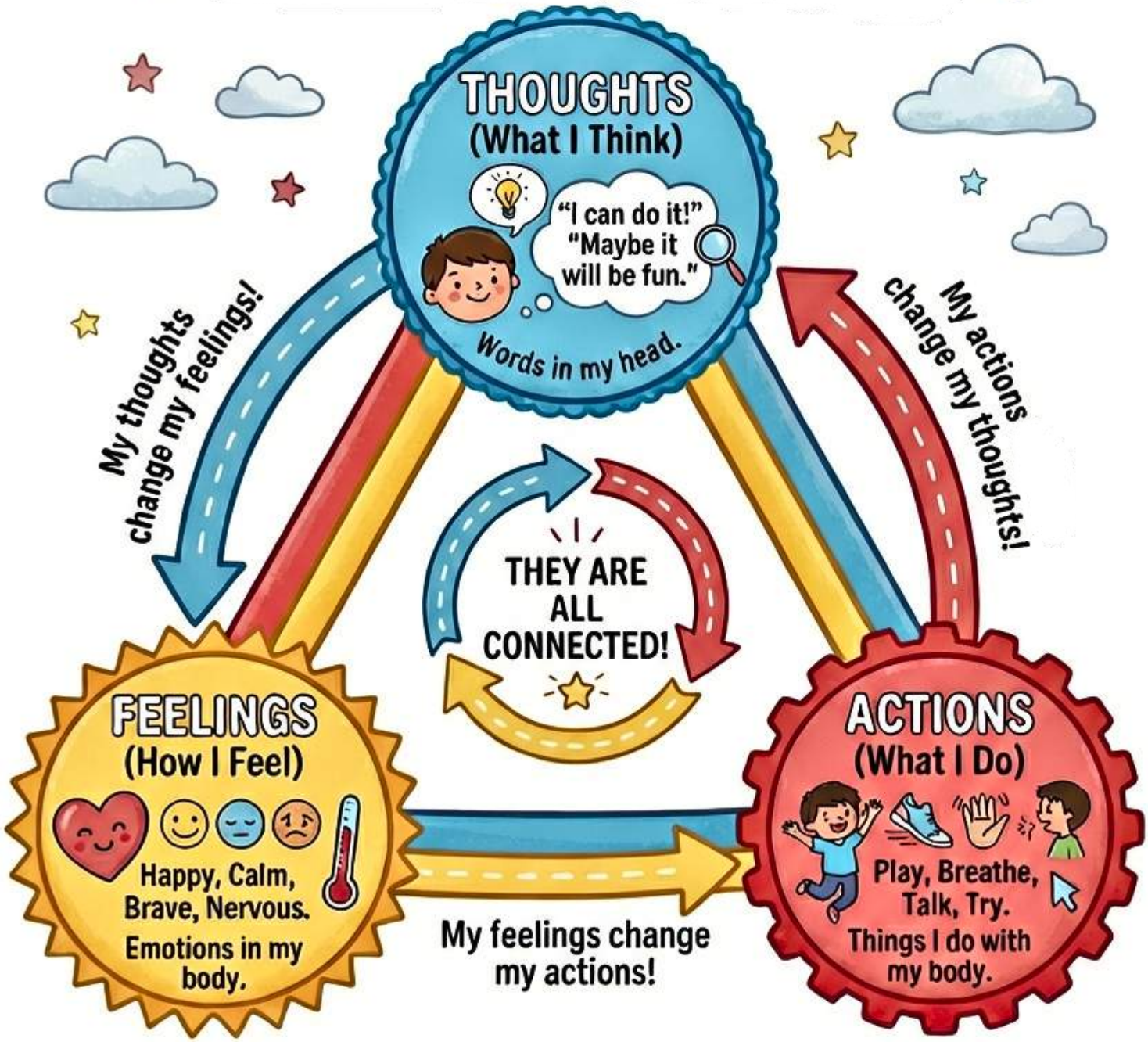
THE CBT TRIANGLE:
YOUR AMAZING MIND POWER!



YOU HAVE THE POWER TO CHANGE THE TRIANGLE!

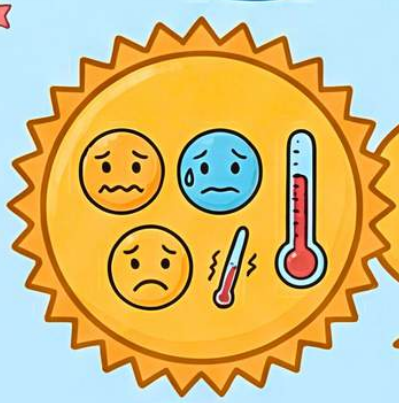
1. **STOP & NOTICE:** Catch your thought.
2. **CHECK IT:** Is it true? Is it helpful?
3. **CHANGE IT:** Pick a new, helpful thought or action!

Practice makes progress! You are the boss of your brain!

HOW THE CBT TRIANGLE WORKS IN PRACTICE

SOMETHING HAPPENS:
You have to read out loud in class.

THOUGHT:
"I will mess it up and everyone will laugh at me."



FEELING:
You feel nervous. Your tummy feels tight and your hands shake.

ACTION:
You look down, speak very quietly, or say you do not want to read.

WHAT HAPPENS NEXT:
Reading feels even harder and you think "I knew I could not do it."

This shows how one unhelpful thought can make you feel worried and act in a way that makes things tougher.

HOW A HELPFUL THOUGHT CHANGES THE CBT TRIANGLE

SOMETHING HAPPENS:
You have to read out loud in class.

THOUGHT:
"I can give it a try. It is OK if I make a mistake."

FEELING:
You feel braver. You still feel a bit nervous but it is not as strong.

ACTION:
You take a breath, look at your book and read a few lines.

WHAT HAPPENS NEXT:
You notice you managed it. You think "I did better than I thought."

This shows how a helpful thought can lead to calmer feelings and braver actions, which then create more helpful thoughts.

Thoughts Checker

Sometimes our thoughts race ahead and we do not notice what we are telling ourselves. This page helps you slow down and spot the thought that popped into your head. When you notice it, you can choose one that helps you feel and act in a better way.

1. What happened?

2. What thought popped into my head?

3. Is this thought true?

- ☐ Yes
- ☐ No
- ☐ I am not sure

4. Does this thought help me?

- ☐ Yes
- ☐ No

5. A better thought I can try:

Feelings Guide

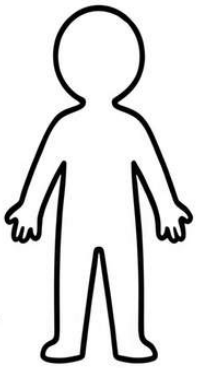
Our bodies give us clues about how we feel. When we notice these clues, it becomes easier to choose something that helps us feel a little better. This page helps you understand what your feelings are and where you feel them.

1. How do I feel right now?

- happy
- nervous
- calm
- sad
- nervous
- confused

2. Where do I feel it in my body?

- ☐ Head
- ☐ Hands
- ☐ Chest
- ☐ Legs
- ☐ Tummy
- ☐ Other: _____



3. What made me feel this way?

_____

_____

_____

_____

_____

_____

4. What could help me right now?

- ☐ Take slow breaths
- ☐ Have a short break
- ☐ Ask for help
- ☐ Talk to someone
- ☐ Use a calming tool
- ☐ Other: _____

My Action Plan

The things we do can change how we feel and what we think. This page helps you look at what you tried, how it went and what you might want to try next time.

1. What did I do?

2. What happened after I did it?

3. Did this action help me? ☐ Yes ☐ No ☐ A little bit

4. What could I try next time?

5. Putting it all together

Think about the thought you had, the feeling you felt and the action you chose. Write them in the boxes so you can see how they connect.

The thought I had:	The feeling I felt:	The action I took:

About this Resource

This free CBT Triangle Poster and Worksheets pack is a child friendly, printable PDF designed to help children, kids and young people understand how thoughts, feelings and actions are connected. The colourful poster introduces the CBT Triangle in simple language, showing how unhelpful thoughts can influence emotions and behaviour, and how choosing a more helpful thought can lead to calmer feelings and safer actions.

The resource includes two clear examples that show how the CBT Triangle works in everyday situations, such as reading out loud in class. One page demonstrates how an unhelpful thought can lead to anxiety, worry and avoidance, while the next page shows how a more helpful thought can support confidence, braver feelings and positive behaviour.

The worksheets help children slow down, name their thoughts, notice body cues and plan new actions. The Thoughts Checker guides them through spotting a thought, checking if it is true or helpful and choosing a better one. The Feelings Guide helps children identify emotions, recognise where they feel them in their body and choose coping strategies. The My Action Plan worksheet supports reflection by helping children review what they did, what happened next and what they might try in the future.

This resource is suitable for parents, carers, teachers, social workers, school staff, counsellors, therapists and mental health practitioners. It can be used in direct work, emotional regulation sessions, CBT based work, behaviour support, early help, therapy, PSHE lessons and individual or group interventions. It supports emotional literacy, coping skills, resilience and confidence.

This downloadable PDF is ideal for anyone searching for CBT worksheets for children, cognitive behavioural therapy tools, emotional regulation printables, feelings worksheets, coping strategies resources or child friendly mental health materials that explain how thoughts, feelings and behaviours interact.