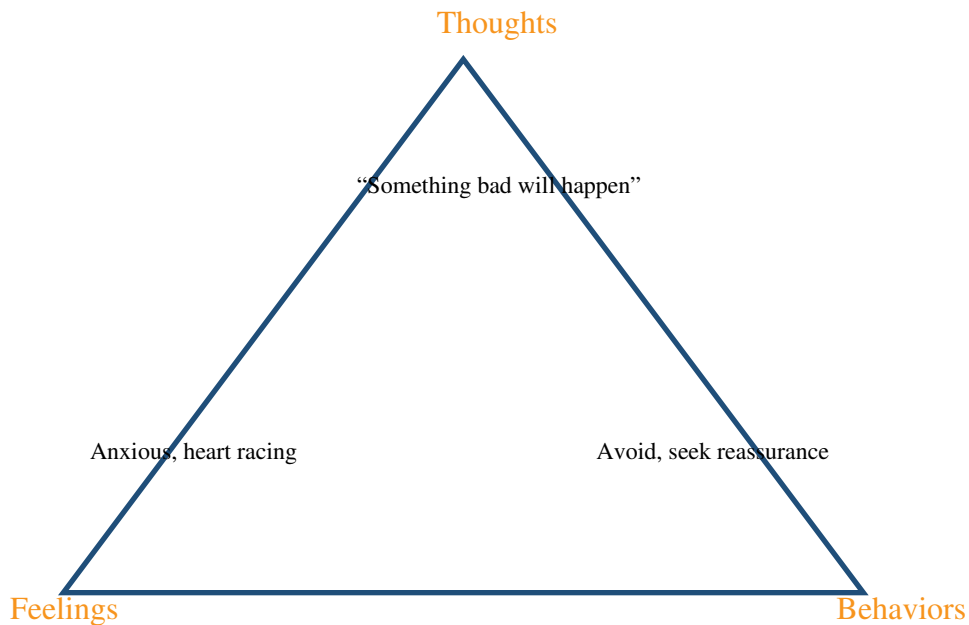




CBT 101: How CBT Helps You Rewire Anxiety

Cognitive Behavioral Therapy (CBT) helps us understand the connection between **thoughts, feelings, and behaviors**. When anxiety takes over, thoughts can become catastrophic, feelings overwhelming, and behaviors avoidant. Together, these can keep the anxiety cycle going. In treatment, we will: - Identify and challenge **unhelpful thoughts** - Notice and change **ineffective behaviors** (like avoidance) - Practice new, more effective patterns that reduce anxiety and build confidence

The CBT Triangle



Try It Out:

Think of a recent situation when you felt anxious. What **thought**, **feeling**, and **behavior** showed up for you?

| Thought | Feeling | Behavior |
|---------|---------|----------|
| | | |
| | | |
| | | |

Good news! By practicing CBT, you'll learn to step out of the anxiety cycle and move toward more effective and empowering ways of thinking and acting.