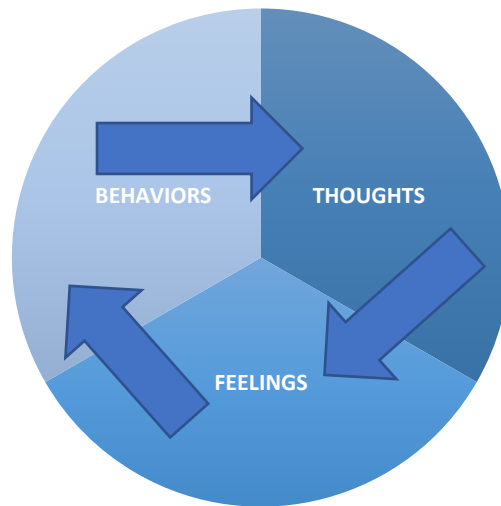


Cognitive Behavioral Chart

The Heart's Way, Imagery and Insights



“Cognitive behavioral therapy (CBT) is a psycho-social intervention that aims to reduce symptoms of various mental health conditions, primarily depression and anxiety disorders” ([Cognitive behavioral therapy - Wikipedia](#)).

CBT is based on the basic premise that our thoughts lead to our feelings. Our feelings lead to our behaviors. And our behaviors lead back to our thoughts. This cycle (see chart above) can be either negative or positive.

For example, if we have a negative thought, such as “I’m not good enough,” that may lead to a negative feeling, like “I feel worthless.” Then that negative feeling may lead to a negative behavior, for example avoiding work, isolating from others, and staying in bed all day. So, a negative thought triggers a negative feeling, which trigger negative behaviors. This cycle has a good likelihood of continuing to spiral downward unless it is circumvented.

When we are depressed, it may seem next to impossible to willfully change our negative thoughts. What is so good about looking at depression from the perspective of the Cognitive Behavioral Chart, is that a positive change can be made anywhere within the cycle.

Can’t change your negative thoughts? Then focus on changing your negative feelings or behaviors. You may think you’re not good enough and feel that you are worthless. But you can choose to stay in bed or get up, go to work, and interact with people. If you do this frequently enough, you may begin to notice that your thoughts and feelings are changing positively too. Why not give it a try?