



Cognitive Behavioral Therapy

Cognitive Behavioral Therapy (CBT) is a widely practiced therapeutic approach that focuses on the interplay between thoughts, feelings, and behaviors. Central to CBT is the concept of the "CBT Triangle," which illustrates the interconnectedness of our cognitions (thoughts), emotions (feelings), and actions (behaviors). According to this model, our thoughts about a situation influence our emotional reactions and, in turn, dictate our behaviors. For instance, if we interpret a situation negatively, we are likely to feel negative emotions and may respond with maladaptive behaviors. Conversely, positive interpretations lead to positive emotions and adaptive behaviors.

When applied to Resilience Therapy, the CBT model emphasizes the importance of adaptive cognitions in fostering resilience. Resilience Therapy aims to enhance an individual's ability to bounce back from adversity and remain oriented to long-term goals by cultivating positive thought patterns and coping strategies. By challenging and reframing negative or maladaptive thoughts, individuals can develop a more resilient mindset. This shift in cognition can lead to more positive emotional responses and proactive behaviors when faced with challenges. In essence, by understanding and modifying the interconnections in the CBT Triangle, Resilience Therapy empowers individuals to navigate their symptoms and adversities with strength and optimism.

