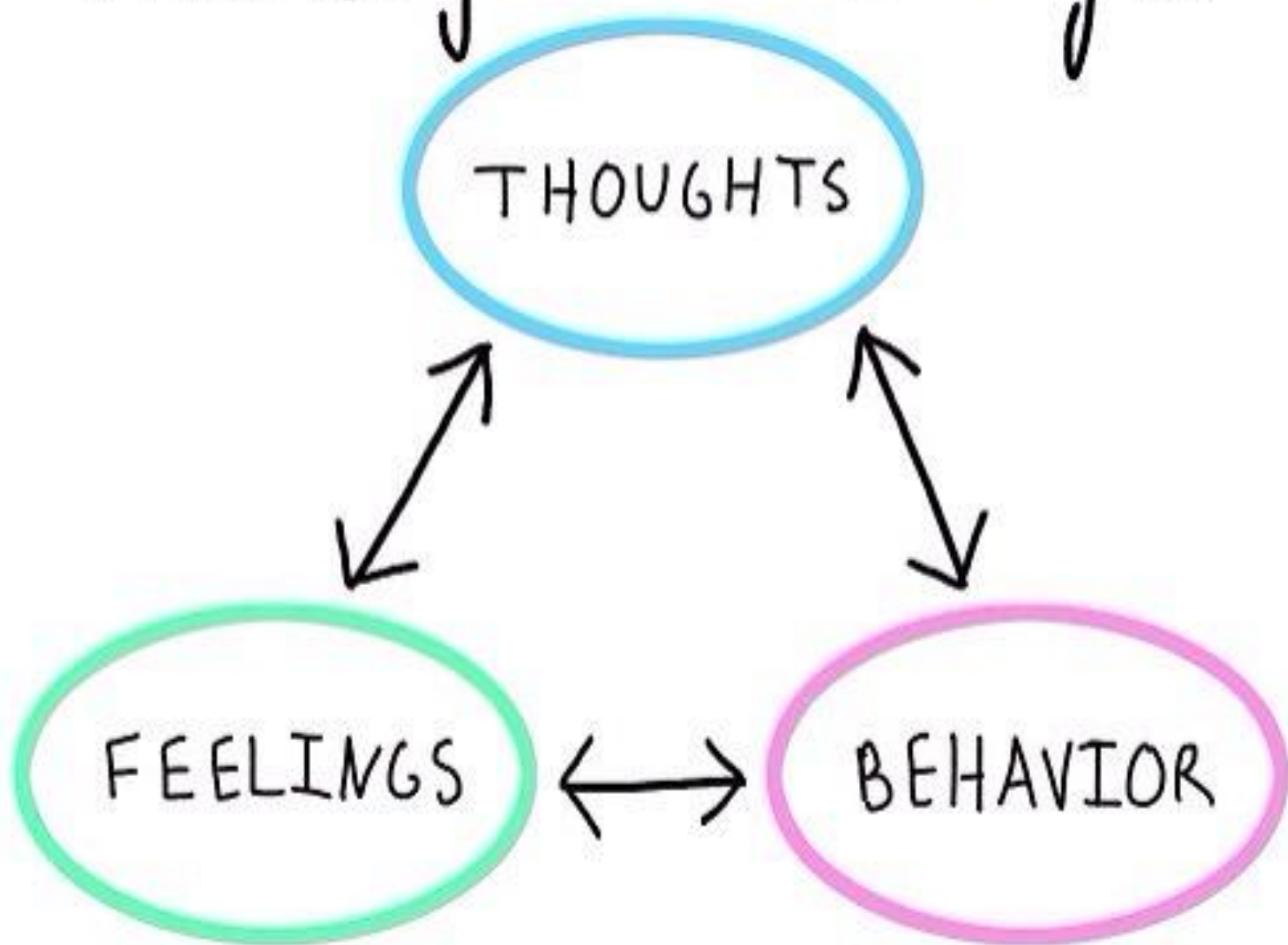


The Cognitive Triangle



N – This session began with a brief check in after the check-in we discussed. In the brief check in the group was asked if they had any anger situations this weeks and how did they deal with the anger. The group members each had time to respond to the group. The group topic was introduces after each has shared. The cognitive behavioral therapy triangle was introduced. The client was given a handout that had cognitive behavioral triangle on it. The group members were asked to fill in each section; feelings, thoughts, and behaviors. The topic was to be the anger situation they each shared. The wrote in their thoughts, feelings, and behaviors that they had with their anger situation this past week.

A – The group processed each topic talked and discussed each of their answers. After group had shared the group was allowed time to respond. The client was active in listening and engaged in valuable feedback. The group was taught learn to value their CBT triangle in their new recovery. The group responded well to their peers. The group learned how they respond, belief their emotions behind their anger, and the triggers of their anger situations.

P – To continue to learn new relapse prevention coping strategies and to continue to maintain sobriety.