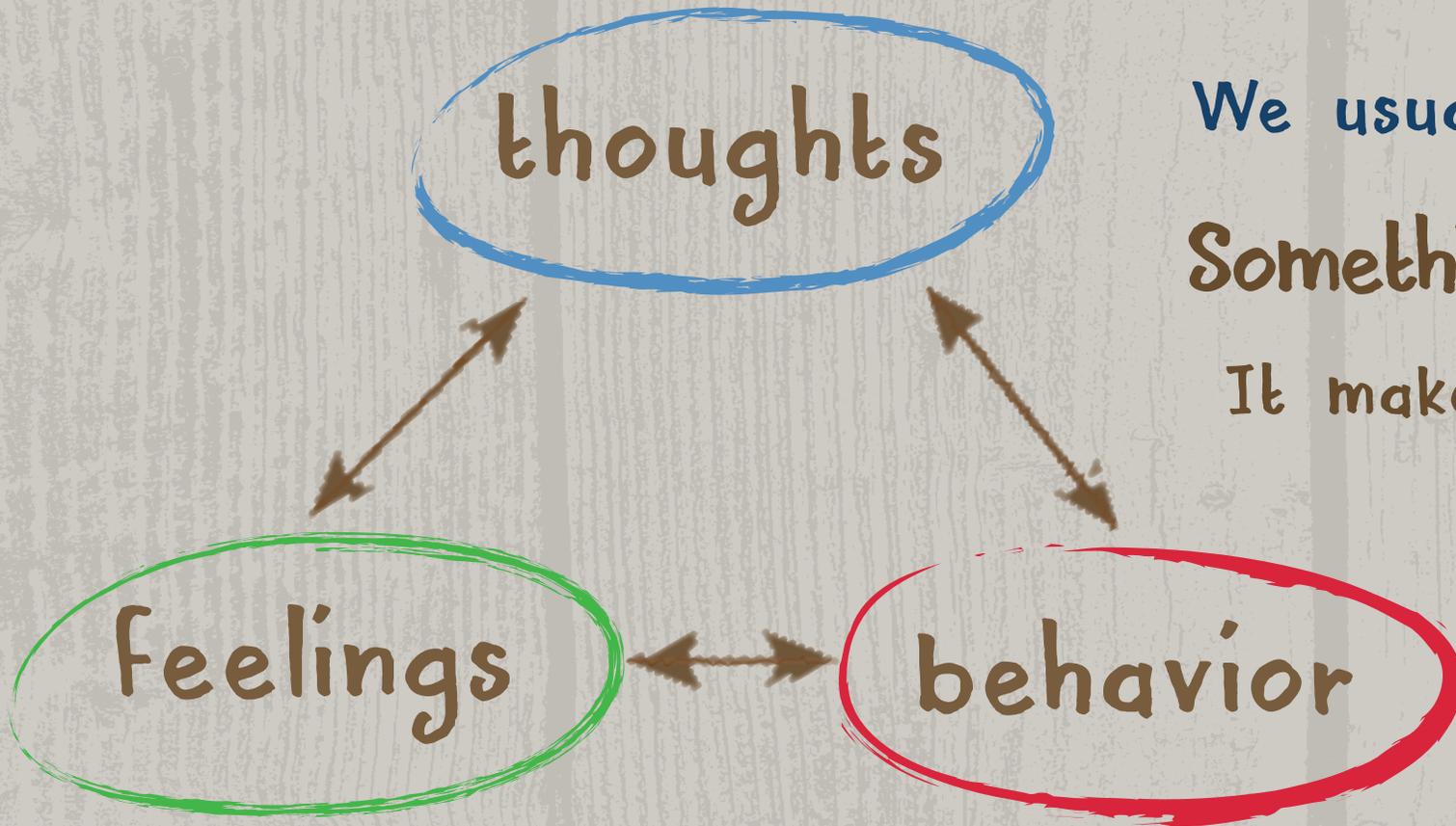


# THE COGNITIVE TRIANGLE

*Why Do I get Upset?*



We usually think this:

Something happens »

It makes ME Upset

That Makes us a victim of Circumstances.