

Principle	Strategy	Rationale
Thoughts	Learning how to recognize thought-process distortions that are causing emotional upsets, then reevaluating and applying to reality	What we think affects how we feel and act.
Behavior	Understanding the behaviors and motivations of others in similar situations	How we behave affects how we think and feel.
Emotion	Learning new coping techniques to apply in difficult situations; application of problem-solving skills to determine which coping technique to use	What we feel affects how we think and act.

Table 2.5 Cognitive Behavioral Therapy Strategies (Acha, 2017)