



# FEBRUARY 2024 Tip of the Month

## The COG TREE

Brought to you by

**ICIS** Interagency Council on  
Intermediate Sanctions

# The Cognitive Restructuring (Tree)

(Cognitive Restructuring – Curriculum)

This video talks through the illustration of the Cognitive Restructuring Tree. The analogy of the tree is used to specify the main elements that leads to behavior such as: Thoughts, Feelings, and Beliefs.

# Video: The COG Tree

<https://youtu.be/vQZmi8NR5Nw>