

The 3 Levels of Cognitions



The diagram features a large iceberg floating in a teal ocean. The top of the iceberg is above the water line, while the vast majority of the iceberg is submerged. The iceberg is divided into three horizontal sections, each labeled with a level of cognition. The top section is the smallest, the middle section is larger, and the bottom section is the largest and deepest. The background shows a teal sky with stylized white clouds and a teal sea with a white horizon line.

Awareness

Negative Automatic Thoughts (NATS)

Rules and Assumptions

Core Beliefs