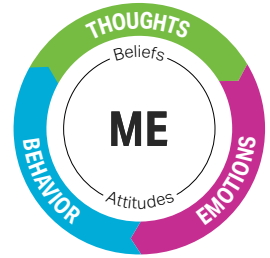




Cognitive Behavioral Therapy (CBT)

ACTIVITY WORKSHEET



Scan to download
Editable PDF

ID:

DATE:

R1 Topic	Discovery Card	Model Category

Event, Experience, Situation, or Problem

MY CURRENT PATTERN	COGNITIVE APPRAISAL	MY NEW PATTERN
<p>THOUGHT What am I thinking?</p> <p>Thought:</p> <p>My belief:</p>	<p>Evidence that supports this thought or belief:</p>	<p>THOUGHT Reframed</p> <p>My new belief:</p>
<p>EMOTIONS How do I feel?</p> <p>Emotions:</p> <p>I feel:</p> <p>Body location:</p> <p>Body sensation:</p>	<p>Evidence that contradicts this thought or belief:</p>	<p>EMOTIONS How do I feel?</p> <p>Emotions:</p> <p>I feel:</p> <p>Body location:</p> <p>Body sensation:</p>
<p>BEHAVIOR What do I do?</p>	<p>Counter statement to this thought – My new belief:</p>	<p>BEHAVIOR What do I do?</p>

My Strengths to Leverage	My Resources	My Support Network (People)