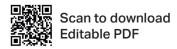


# **Cognitive Behavioral Therapy (CBT)**

#### **ACTIVITY WORKSHEET**

ID:



DATE:



R1 Topic	Discovery Card	Model Category
Emotional Triggers	Employers or co-workers	People
Event, Experience, Situation, (	or Problem	

Juan, a co-worker of mine, walked by my work area, but didn't stop by to say hello.

#### **MY CURRENT PATTERN**

#### **THOUGHT**

What am I thinking?

#### Thought:

Did I do something wrong? Why is he mad at me?

#### My belief:

Juan must be upset with me for something I did.

### **EMOTIONS** How do I feel?

Emotions: Pain, Anger, Guilt

I feel:

Hurt, Mad, Frustrated, Wrongful

Body location: Upper arms, Stomach

Body sensation: Anxiety, Tightness

### **BEHAVIOR**What do I do?

- · I obsessed about it all day.
- I got upset with a customer over the phone.
- I ignored Juan when I saw him later in the day.

#### **COGNITIVE APPRAISAL**

Evidence that supports this thought or belief:

- . I saw him walk by in a hurry.
- He aidn't stop to talk with me or anyone else in my work area.

### Evidence that contradicts this thought or belief:

- Juan looked like he was in a hurry. He didn't look over in my direction.
- Juan and I do not have a relationship with much conflict.
- When we have an issue, we communicate effectively and work through it together.

## Counter statement to this thought – My new belief:

- Juan was preoccupied with another matter.
- He was trying to get to a meeting on time and didn't have time to stop by.
- His actions had nothing to do with me.

#### MY NEW PATTERN

#### THOUGHT Reframed

#### My new belief:

Juan must have been busy with something else and didn't have time to stop by.

### **EMOTIONS**

How do I feel?

Emotions: Joy, Strength

I feel:

Content, Happy, Resilient

Body location: Upper chest

Body sensation:

Light, Calm

# **BEHAVIOR**What do I do?

- · I was unfazed by this situation.
- I was engaged with a customer problem and found a workable solution.
- I texted Juan to say hello and see if he wants to have a coffee with me in the morning.

My Strengths to Leverage	My Resources	My Support Network (People)
Mindfulness practices: My ability to pause, close my eyes, and breathe.	Daily physical activity that keeps my mind positive.	Maria and Joseph.

