

## CBT Thoughts, Feelings Behaviors worksheet

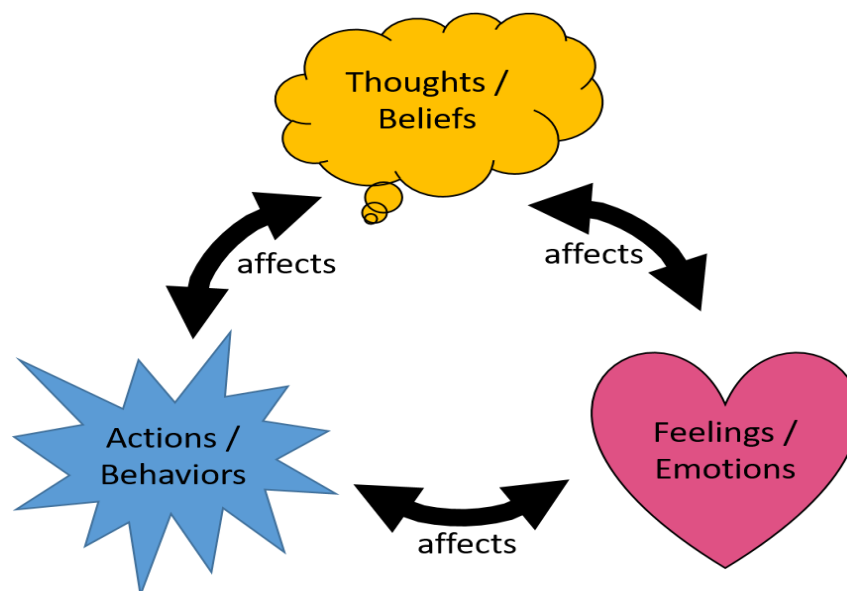
Let's see how our thoughts affect our bodies and mind. Three components interplay with each other

- Thoughts
- Emotions
- Behaviours

### Example:

You have a meeting & a presentation coming up, and you haven't prepared well, so your colleagues will make fun of you.

This thought will make you worried due to this discomfort and worry. You won't be able to concentrate and will end up not making the presentation at all. That's how one thought leads to another idea, and you end up making the whole situation difficult for you.



1. Not everything that you believe is true; our thoughts are just assumptions until backed up with evidence. Give yourself the benefit of the doubt and be flexible while judging something or concluding anything.
2. Your perception and how you think about a particular situation affect your overall state.
3. Negative thoughts lead to negative behaviours and a complimentary view of positive actions.
4. By changing your perspective, change your irrational thoughts and convert them into productive and healthy behaviours.