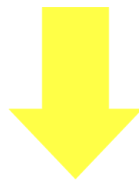


## CBT worksheets for adults pdf: Version 2

Situation	Thoughts	Emotion	Behaviour
Describe the situation feelings events or thoughts that triggered your fears	How you interpret the situation, positive and negative	How you feel. If thought is positive, then emotions will be positive.	How you react to the stimulus.



Challenging belief/ thoughts	Problematic Pattern	Alternative more positive thoughts
Use challenging questions from yourself to get the automatic thoughts. Analyze whether these thoughts are factual, balanced, or extreme	Analyze and write whether these challenging beliefs are the problematic pattern	What can you say that can change how you felt in (B) and how can it affect Challenging belief