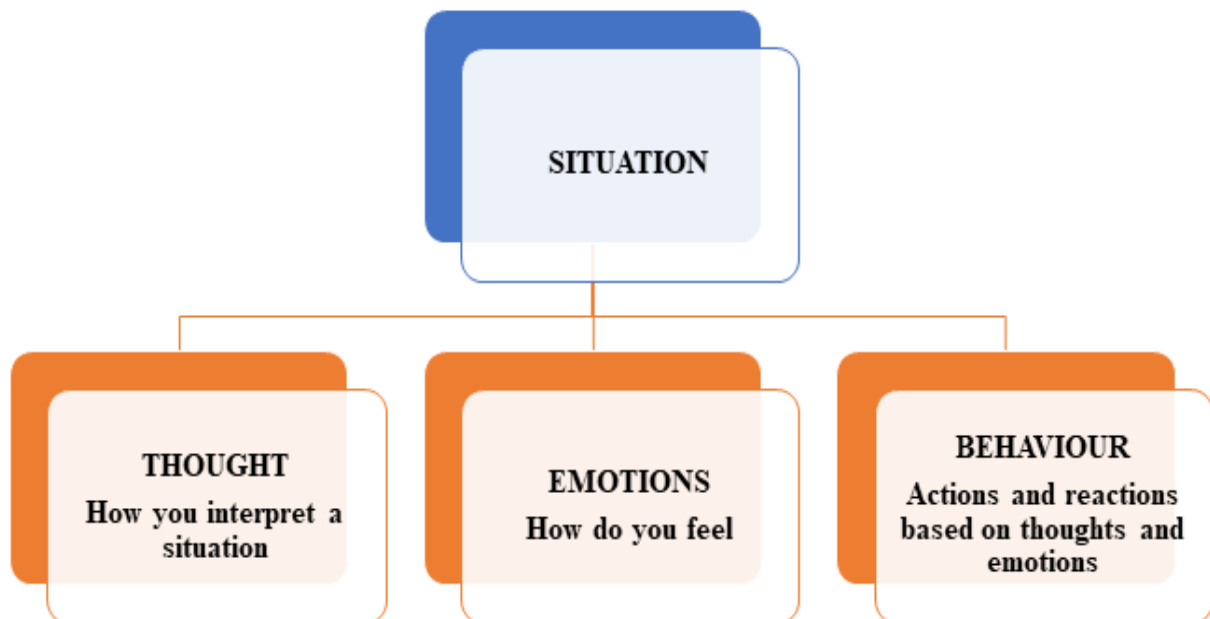


COGNITIVE BEHAVIOURAL THERAPY WORKSHEETS

BOOK:VERSION 2

This worksheet will help you to understand the interplay of emotions, behavior, and thoughts and how by changing our irrational thoughts we can make our perception better.



This Simple CBT Model Worksheet will improve emotions by changing irrational thoughts and practices. This worksheet will make you mindful of your behavior.

- Situation: The triggering factor,
- Thought: How you interpret the situation, positive and negative
- Emotion: How you feel, if thought is positive then feelings will be positive.
- Behavior: How you react to the stimulus.

CBT tools

- **Cognitive restructuring:** In order to discover negative patterns, your therapist will ask you about your mental process in specific situations. Once you're aware of them, you can learn to reframe them into more positive and constructive thinking.
- **Exposure and response prevention:** This method is especially helpful for people who have obsessive-compulsive disorder. You can practice this strategy by exposing

yourself to whatever ordinarily stimulates compulsive behavior while attempting to refrain from doing so.

- **Journaling:** Writing is a time-honored method of connecting with one's own thoughts. The therapist may urge you to write down any negative thoughts that came to mind in between sessions, as well as any good ones you prefer. Another writing task is to keep note of the new ideas and habits you've implemented since the previous session.
- **Activity scheduling and behavior activation:** Putting an activity on your calendar can assist if you tend to avoid it because of fear or worry. You may be more likely to follow through once the decision-making load has been lifted. Activity schedules can help you form excellent habits and provide you plenty of opportunities to practice what you've learned.
- **Relaxation and stress reduction techniques:** Relaxation techniques like deep breathing exercises, progressive muscle relaxation, imagery are taught in CBT to lower stress and increase the sense of control.
- **Play the script until the end:** This technique is extremely beneficial for people who suffer from worry and fear. The person who is prone to paralyzing fear or anxiety uses this technique to do a thought experiment in which they imagine the worst-case scenario's result. Allowing this scenario to play out can assist the individual in seeing that even if all of his or her worries come true, the situation will still be bearable.
- **Successive approximation:** This entails breaking down seemingly insurmountable tasks into smaller, more manageable chunks. Each subsequent step builds on the preceding one, allowing you to gradually gain confidence.

Thought Diary Log Worksheet (Cognitive Restructuring)

Instructions:

This worksheet will help you to challenge your automatic negative thoughts and create healthy alternative thoughts.

Situation (Triggering factors)	Symptoms (Emotional & Physical in your body) Emotions – (Rate 0 – 100%) Body	Dysfunctional Thoughts (Thoughts/ images)		Alternate Healthy Thought How can I see the situation in another way? Is my reaction in	Outcome What's the best response? Re-rate Emotion
		Facts that provide the evidence for the	Facts that provide evidence against the		

	sensations What did I notice in my body? Where did I feel it?	dysfunctional thought	unhelpful thought	proportion to the actual event?	0-100%