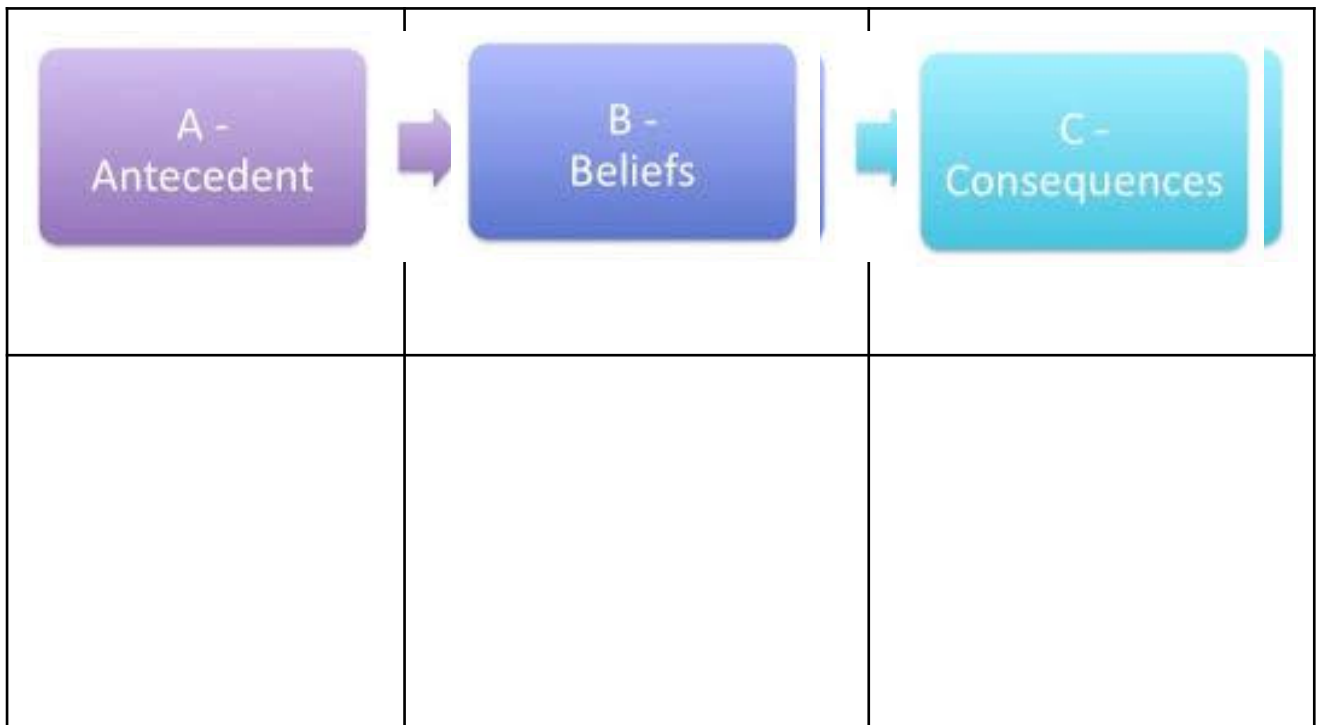


CPT ABC worksheet pdf



Challenging Thoughts		Identify problematic thinking patterns	Alternative Thought
How does this belief affect your behavior?	What evidence do you have that this belief is true?	Overgeneralizing Jumping to conclusions Emotional reasoning	Alternative helpful belief or thought that you can think in the same situation