

## Cognitive Behavioral Therapy Self Help Worksheet: VERSION 2

Write your exact thoughts that come into your mind whenever you face a triggering situation. This worksheet will help you to challenge your automatic negative thoughts and create healthy alternative thoughts.

<b>Situation</b>  (Triggering factors)	<b>Symptoms</b>  (Emotional & Physical in your body)  Emotions – (Rate 0 – 100%) Body sensations What did I notice in my body? Where did I feel it?	<b>Dysfunctional Thoughts</b>  (Thoughts/ images)		<b>Alternate Healthy Thought</b>	<b>Outcome</b>  What's the best response? Re-rate Emotion 0-100%
		Facts that provide the evidence for the dysfunctional thought	Facts that provide evidence against the unhelpful thought	How can I see the situation in another way? Is my reaction in proportion to the actual event?	