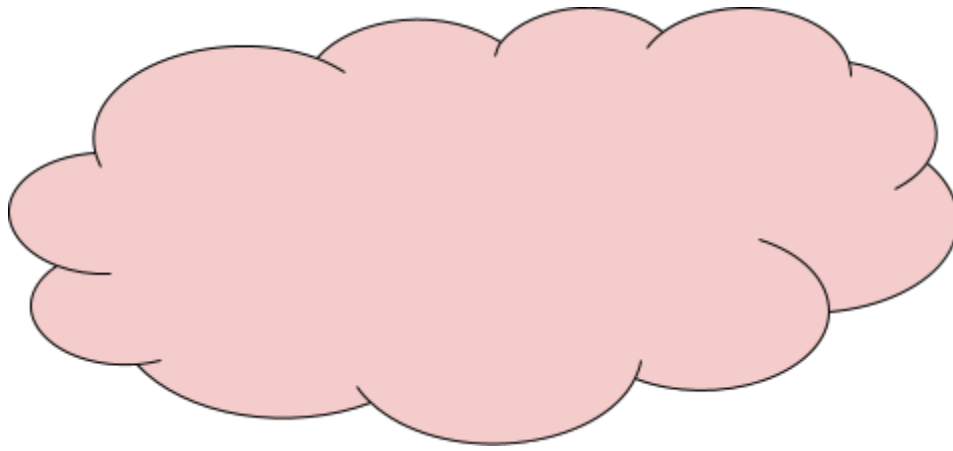


## Downward Arrow worksheet CBT

*Write down the negative thought that is bothering you*



If your negative thought is true what would it mean to you?



And if that was true what would it mean to you ?



All being true what do you believe now?

## References

[Burns, D. D. \(1999\). \*Feeling good: the new mood therapy\*. New York: Signet.](#)

[Leahy, R. L. \(2003\). \*Cognitive therapy techniques: a practitioners guide\*. New York: Guilford Press.](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.