

## Free printable cognitive behavioral therapy worksheets: Version 2

<b>Trigger</b>	<b>Thoughts that make me anxious/angry or disturb me</b>	<b>Feelings</b>	<b>Rate the intensity of your emotion (1-10)</b>	<b>Behavior</b>	<b>Consequence</b>



### Developing healthy alternative thoughts and behaviors

<b>Trigger</b>	<b>Healthy alternative thoughts</b>	<b>Feelings</b>	<b>Rate the intensity of your emotions now (1-10)</b>	<b>Behavior</b>	<b>Consequence</b>