

THERAPY CBT WORKSHEET: VERSION 2

Situation (Triggering factors)	Symptoms (Emotional & Physical in your body) Emotions – (Rate 0 – 100%) Body sensations What did I notice in my body? Where did I feel it?	Dysfunctional Thoughts (Thoughts/ images)		Alternate Healthy Thought	Outcome 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?	