

Vicious Cogs Worksheet

Here is the example of a stress cog, that how so many factors contribute to your stress, your problem can be different from the stress so use the below attached blank cog and fill it effectively. The larger cog is the main problem and the smaller cogs represent smaller problems, the perpetuating factors.



Write the name of your problem (e.g. anxiety, depression, OCD etc) in the large middle cog. You can also substitute an unhelpful belief (e.g. "I'm a failure") in the large middle cog. Write all the factors (unhelpful things you do or unhelpful ways of thinking) in the smaller surrounding cogs.

