

Cognitive Behavioral Therapy Worksheet Template

First Name

Last Name

Week Starting

Week Finish

	Event Describe the Situation	Thought/Emotion What went through your mind	Behaviour What did you do	Rational Counterstatement Assess the situation objectively
Monday				
Tuesday				
Wednesday				

First Name

Last Name

Week Starting

Week Finish

	Event Describe the Situation	Thought/Emotion What went through your mind	Behaviour What did you do	Rational Counterstatement Assess the situation objectively
Thursday				
Friday				
Saturday				
Sunday				