

CBT for Psychosis Worksheets

Name:	Date:
Worksheet 1: Goal Setting	
Objective: Setting achievable goals to foster positive changes in daily life.	
1. Identify Areas for Improvement: Reflect on aspects of your life impacted by psychosis, such as relationships, work, or self-care.	
2. Set Realistic Goals: Establish short-term, achievable goals in these areas that contribute to your overall well-being.	
3. Break Goals into Tasks: Break down each goal into manageable tasks to make progress more feasible.	
4. Celebrate Achievements: Acknowledge and celebrate small victories, reinforcing positive changes.	
Worksheet 2: Coping Strategies	
Objective: Developing effective coping strategies to manage psychosis symptoms.	
1. Identify Triggers: List situations or stressors that tend to trigger your psychotic symptoms.	
2. Explore Coping Techniques: Brainstorm coping strategies, such as deep breathing, grounding techniques, or mindfulness, to employ during trigger situations.	
3. Create a Coping Plan: Develop a step-by-step plan outlining how to implement chosen coping strategies in real-time.	
4. Reflect on Effectiveness: After using a coping strategy, reflect on its effectiveness and adjust the plan as needed.	

Worksheet 3: Identifying Cognitive Distortions

Objective: Recognizing and challenging distorted thought patterns associated with psychosis.

1. Describe the Situation: Briefly outline a recent situation or thought related to your psychosis.

2. Identify Distorted Thoughts: List the automatic thoughts that emerged during the situation.

3. Challenge Distorted Thoughts: Analyze each thought and identify evidence supporting or contradicting it.

4. Replace with Rational Thoughts: Develop alternative, rational thoughts that better align with reality.

Worksheet 4: Feelings Chart

Apathy	Loneliness	Hopelessness
Indifference Unconcern Detachment Apathy Listlessness Boredom	Isolation Aloneness Forsaken Abandoned Friendless Unloved	Despair Dejection Discouragement Defeatism Pessimism Helplessness
Stress	Boredom	Numbness
Pressure Tension Strain Anxiety Worry Nervousness	Lack of interest Tediousness Dullness Monotony Dreariness Weariness	Insensitivity Detachment Unfeeling Unemotional Apathetic
Happy	Love	Hopeful
Joy Content Delight Cheerful Blissful Ecstatic Elated	Affection Fondness Care Tenderness Attachment Connection Intimacy	Optimistic Confident Expectant Enthusiastic Aspiring Ambitious

Grateful		Surprised		Excited			
Appreciative Thankful Blessed Fortunate Lucky Honored		Amazed Astonished Wonderstruck Astounded Flabbergasted Stunned		Enthusiastic Eager Thrilled Elated Energized Charged			
Amused		Pride		Contentment			
Humorous Funny Witty Clever Charming Entertaining		Self-satisfied Proud Accomplished Successful Victorious Triumphant		Satisfied Fulfilled At ease Peaceful Tranquil Serene			
Sad		Angry		Scared		Disgusted	
Unhappy Sorrowful Grief-stricken Despondent Despairing Miserable		Mad Furious Wrathful Enraged Infuriated Irate		Afraid Terrified Fearful Panicky Apprehensive Nervous		Repulsed Nauseated Sickened Offended Appalled Revolted	
Guilty		Jealous		Frustrated		Confused	
Shameful Regretful Remorseful Apologetic Repentant Contrite		Envious Covetous Resentful Bitter Spiteful Vindictive		Irritated Annoyed Exasperated Impatient Angry Mad		Perplexed Bewildered Puzzled Baffled Lost At a loss	

Notes:

Worksheet 5: Daily Mood Chart

Time	Happy	Sad	Angry	Tired	Notes
6 AM - 8 AM					
8 AM - 10 AM					
10 AM - 12 PM					
12 PM - 2 PM					
2 PM - 4 PM					
4 PM - 6 PM					
6 PM - 8 PM					
8 PM - 10 PM					
10 PM - 12 AM					
12 AM - 2 AM					
2 AM - 4 AM					
4 AM - 6 AM					

Time	Excited	Anxious	Stressed	Neutral		Notes
6 AM - 8 AM						
8 AM - 10 AM						
10 AM - 12 PM						
12 PM - 2 PM						
2 PM - 4 PM						
4 PM - 6 PM						
6 PM - 8 PM						
8 PM - 10 PM						
10 PM - 12 AM						
12 AM - 2 AM						
2 AM - 4 AM						
4 AM - 6 AM						