CBT Therapy Worksheet

Name: Sophia

Situation What was the situation?	Thoughts What was going on in my mind?	Feelings What did you feel during the situation?	Evidence Evidence supporting this thought	Counter-evidence Evidence against this thought	Perspective A new, more balanced perspective
My friends went to a party without me a few days ago, which they tend to do sometimes	I got extremely anxious, and start thinking that they don't like me anymore. Rather, they hate me and I'm annoying to be around	I felt extremely anxious, and sat at home finding it difficult to breath. I was also incredibly sad, and felt pity for myself.	My friends never really invite me to parties, and it's probably because they find me annoying to be around.	They invite me to other things, and message me all the time when I need support. They don't talk about the parties in front of me often either	Maybe they think I don't enjoy them, and sometimes they go with friends I don't know - my friends are allowed to have their own fun too. My anxiety shouldn't depend on others.