

# Cognitive Behavioral Therapy (CBT) Worksheet

<b>Full Name:</b>	<b>Date Started:</b>	<b>Date Finished:</b>
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	<b>Event</b> Describe the situation.	<b>Thought/Emotion</b> What went through your mind?	<b>Behavior</b> What did you do?	<b>Rational Counterstatement</b> Assess the situation objectively.
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				

	<b>Event</b> Describe the situation.	<b>Thought/Emotion</b> What went through your mind?	<b>Behavior</b> What did you do?	<b>Rational Counterstatement</b> Assess the situation objectively.
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				