

# Cognitive Behavioral Therapy Worksheet Template

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
Week Starting

\_\_\_\_\_  
Week Finish

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

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Week Starting \_\_\_\_\_

Week Finish \_\_\_\_\_

	<b>Event</b> Describe the Situation	<b>Thought/Emotion</b> What went through your mind	<b>Behaviour</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>				