

# Cognitive Worksheets for Adults - Patient Engagement

## Patient Information

Name:

Session Number:

Date of Birth:

Date of Assessment:

Therapist/Clinician:

## Objective

### Worksheet Selection

**Cognitive Distortions Worksheet**

*Objective:* Identified and challenged negative thinking patterns related to work-related stressors.

*Notes:*

**CBT Model Worksheet**

*Objective:* To be introduced in the next session.

*Notes:*

**Coping Styles Worksheet**

*Objective:* Explored patient's coping styles in dealing with interpersonal conflicts and identified triggers.

*Notes:*

**Dysfunctional Thought Record**

*Objective:* Planned for the next session to address specific automatic thoughts.

*Notes:*

**Practical Cognitive Therapy Activities**

*Objective:* Implemented scheduling activities to improve time management skills.

*Notes:*

**Mindfulness Worksheets**

*Objective:* Planned for future sessions to address stress reduction through mindfulness.

*Notes:*

**Self-Esteem Worksheets**

*Objective:* To be introduced in the next session.

*Notes:*

**Instructions for Use:**

1. Select the appropriate worksheet(s) based on the patient's needs and therapeutic goals.
2. Guide the patient through the chosen worksheet(s), providing support and clarification as needed.
3. Encourage open communication and reflection during the worksheet exercises.
4. Discuss insights gained and encourage the patient to apply learned strategies daily.
5. Document observations, progress, and any adjustments made during the session.

**Notes:**