

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: