

Comprehensive CPT (Cognitive Processing Therapy) Worksheet

Client Information

Name:

Date:

Stuck Point Log

Stuck Point Identified:

Situation Leading to Stuck Point:

Emotions Felt:

Alternative Thought/Response:

Trauma Impact Questionnaire

Describe a recent situation where you felt the impact of your trauma:

How did this impact your thoughts, feelings, and behaviors?

What aspects of your current life do you believe are affected by your trauma?

ABC Worksheets

A (Activating Event):

B (Beliefs about the Event):

C (Consequences - Emotional and Behavioral Response):

Rational Response to Challenge Belief B:

Challenging Beliefs Worksheet

Unhelpful Belief about the Trauma:

Evidence Supporting this Belief:

Evidence Against this Belief:

Alternative, Healthier Belief:

Thought Record

Situation:

Automatic Thought:

Emotions:

Evidence Supporting the Thought:

Evidence Against the Thought:

Alternative Thought:

Notes/Reflections on Today's Exercises

Stuck Point Log Reflections:

Trauma Impact Questionnaire Insights:

ABC Worksheet Discoveries:

Challenges in Challenging Beliefs:

Thought Record Observations:

Next Steps/Action Plan

What specific strategies will you use to address identified stuck points and unhealthy beliefs?

What support or resources do you need to assist you in this process?

Client's Signature:

Therapist's Signature:

Date:

Note: This comprehensive CPT worksheet integrates various therapeutic exercises aimed at addressing and processing trauma. It is designed to help clients identify problematic thoughts and beliefs, understand their impact, and work towards developing healthier perspectives and coping mechanisms. Regular use and review of this worksheet in therapy sessions can significantly aid in the trauma recovery process.