

Fearful Thoughts of the Future During Recovery CBT Worksheet

Name:

Date:

Physician's Name:

I. Being Overwhelmed by the Past

Are you obsessed with any negative thoughts about the past?

Yes

No

If yes, please elaborate.

Do negative thoughts about the past make it difficult for you to handle the present?

Yes

No

If yes, why and how?

II. Fearful Thoughts of the Future

Are you obsessed with any fearful thoughts about the future?

Yes

No

If yes, please elaborate.

Do fearful thoughts about the future affect your life today?

Yes

No

If yes, why and how?

III. Coping with Negative Thoughts

Which strategies do you think will be effective for you to reject the negative thoughts about the past and fearful thoughts about the future?

What things can you tell yourself to make you focused on the present?

Source: Department of Health, Republic of the Philippines. (2020). Past, Present, and Future. In Patient's Workbook for Cognitive Behavioral Therapy Sessions (1st ed., pp. 202–205). Department of Health.