

# HALT CBT Worksheet

**Patient Name:**

**Date:**

**Instructions:** This worksheet is designed to help you identify and manage your emotional states and thought patterns. Please take some time to reflect on your current emotional state and follow the steps below.

## Step 1: Identify Your Emotional State (Hungry, Angry, Lonely, Tired)

- Select the emotional state(s) you are experiencing right now.

Hungry

Angry

Lonely

Tired

## Step 2: Reflect on Your Thoughts and Behaviors

Describe any negative thoughts or behaviors you've noticed related to your emotional state.

## Step 3: Recognize Patterns

Are there patterns in how these emotional states affect your behavior or thought patterns? If so, please describe.

## Step 4: Challenge Negative Thoughts

Identify any irrational or distorted thoughts related to your current emotional state. Challenge and reframe them with more rational alternatives.

## Step 5: Plan Healthy Coping Strategies

List some healthy coping strategies you can use when you recognize these emotional states in the future.

### **Step 6: Implement the Strategies**

When you are in a HALT state, implement your chosen coping strategies.

### **Step 7: Monitor Progress**

Keep a record of your experiences using this worksheet to track your progress and identify any recurring patterns or areas that need further attention.

### **Additional Notes:**

Use this space to jot down additional thoughts, observations, or insights about your emotional well-being and progress.

### **Next Appointment Date:**