

Thinking, Feeling, and Doing CBT Worksheet

Name:

Age:

Part 1 Instructions: Use this activity to reflect on your thoughts, emotions, and behaviors in a specific situation. Answer the following questions honestly.

Situation: Describe a recent situation or event that triggered significant thoughts, emotions, or actions.

Thoughts: What were the primary thoughts running through your mind during this situation? Were these thoughts primarily positive or negative?

Emotions: Identify the emotions you experienced during this situation (e.g., anger, joy, anxiety).

Rate the intensity of each emotion on a scale from 1 (low) to 10 (high). _____

Behaviors: What actions or behaviors did you engage in as a result of these thoughts and emotions?

Did these behaviors align with your values and goals?

Part 2 Instructions: Create a table to track recurring patterns of thinking, feeling, and doing. This will help you identify trends over time.

List specific situations or triggers that frequently occur.

Describe the thoughts, emotions, and behaviors associated with each situation.

Periodically review the table to identify patterns or connections.

Situation or Trigger	Thoughts	Emotions	Behaviors

Part 3: Instructions: This activity involves a series of statements related to common thinking patterns. Respond with 'Yes' or 'No' to indicate whether each statement applies to you.

Catastrophizing: Do you often imagine the worst-case scenarios in situations?

- Yes
- No

Mind Reading: Do you assume you know what others are thinking about you?

- Yes
- No

Overgeneralization: Do you make broad conclusions based on limited evidence?

- Yes
- No

Emotional Reasoning: Do you believe that your emotions always reflect reality?

- Yes
- No

Should Statements: Do you frequently use phrases like "I should" or "I must"?

Yes

No

Reflect on each statement and answer honestly. If you answered 'Yes' to any of these statements, consider how these thought patterns might affect your emotions and behaviors.

This worksheet draws inspiration from the "Patient's Workbook for Cognitive Behavioral Therapy Sessions" created by the Department of Health, Republic of the Philippines.