

Thought Tracking During Cognitive Remediation Therapy (CRT)

Name:

Date:

The value of this worksheet stems from its ability to assist in identifying and documenting the client's goals for the cognitive remediation therapy session of the day, while also providing insight into how these goals align with their broader treatment goals and objectives.

Ask the client to answer the following questions:

What was your personal goal for today's therapy session?

How did your personal goal compare to your overall goals for cognitive remediation therapy?

Consider how you took control of your thoughts to help your cognitive:

What negative thoughts did you identify?	What reframing did you use?	What do you plan to do to prevent future challenging behavior?