

CBT Worksheets Sampler

For licensed therapists

Use these pages inside formulation. Model the first example in session, adapt the wording to the client, and review.

Included pages:

1. Thought record
2. Cognitive distortions label sheet
3. Behavioural experiment planner
4. Review page

Thought Record

Situation:

Automatic thought:

Emotion and intensity:

Evidence against or alternative data:

Balanced response:

Emotion after review:

Behavioural Experiment Planner

Prediction:

Safety behaviour to reduce:

Experiment plan:

What happened:

Learning:

Next step: