

Mental Health Worksheets

A printable sampler for therapists, organised by presenting concern.

These worksheets are clinical scaffolds. The active ingredient lives in your formulation, the therapeutic alliance, and the protocol they implement. Adapt language, sequence, and pacing to the client and the modality you are working from.

Includes

1. Behavioural experiment (anxiety, generalised)
2. Activity log with mood and mastery (depression, acute)
3. Window-of-tolerance check-in (trauma-informed work, after stabilisation)
4. Triggers log (addictions and recovery)

Educational content for therapists. Not legal or clinical advice. Worksheet selection sits inside formulation; what follows is a map, not a protocol.

1 — Behavioural experiment (anxiety, generalised)

Use when the maintenance factor is avoidance and an unchecked anxious prediction. Worksheet purpose: introduce data from outside the cognitive loop.

Client (initials / ID):

Date:

Anxious prediction in the client's words:

How likely (0–100%) does it feel right now?

What would it look like if the prediction came true?

What experiment will test it (smallest viable step)?

When and where:

After the experiment — what actually happened?

How likely (0–100%) does the original prediction feel now?

What did this teach you about the prediction?

2 — Activity log with mood + mastery (depression, acute)

Use as the first worksheet in behavioural activation. Tracks the relationship between activity, mood (M, 0–10), and mastery / sense of competence (C, 0–10).

Time	Activity	M (0–10)	C (0–10)	Notes

Pattern review at end of week:

3 — Window-of-tolerance check-in (trauma-informed)

Use when stabilisation is in place. Tracks shifts between hyper-arousal, the window, and hypo-arousal across the week. Pace yourself: the check-in is not the trauma work.

Today I notice myself in (circle one):

Hyper-arousal / Window of tolerance / Hypo-arousal

What signals tell me where I am right now?

What helped me stay in or return to the window today?

What pulled me out, if anything?

Grounding skill I used (or wished I had used):

One thing I want to bring to next session:

4 — Triggers log (addictions and recovery)

Use early in recovery to externalise the cycle. Capture cue, context, response, and what helped widen the window between cue and use.

Date	Cue / trigger	Context	Urge (0–10)	What I did	What helped

HALT (hungry, angry, lonely, tired) check at urge:

About this sampler

Authored by Dr. Hannah Lin, modality specialist (CBT, ACT, IFS), for Emosapien — a co-therapy tool purpose-built for therapy practices. Worksheets are clinical scaffolds, never replacements for formulation or the therapeutic alliance.

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