

The CBT Junction Model

The CBT Junction Model will help you make choices that are helpful and in line with your purpose, values, and goals.

Use the left side to identify unhelpful thoughts and behaviors that you struggle with and use the right side to identify action that is consistent with your purpose, values, and goals for the change you want to make.

Action That Is Inconsistent With Your Purpose, Values, And Goals (Unhelpful thoughts, emotions I struggle with, counter-productive behaviors and patterns of avoidance.)	Action That Is Consistent With Your Purpose, Values, And Goals (Helpful things I can do to improve my situation.)

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