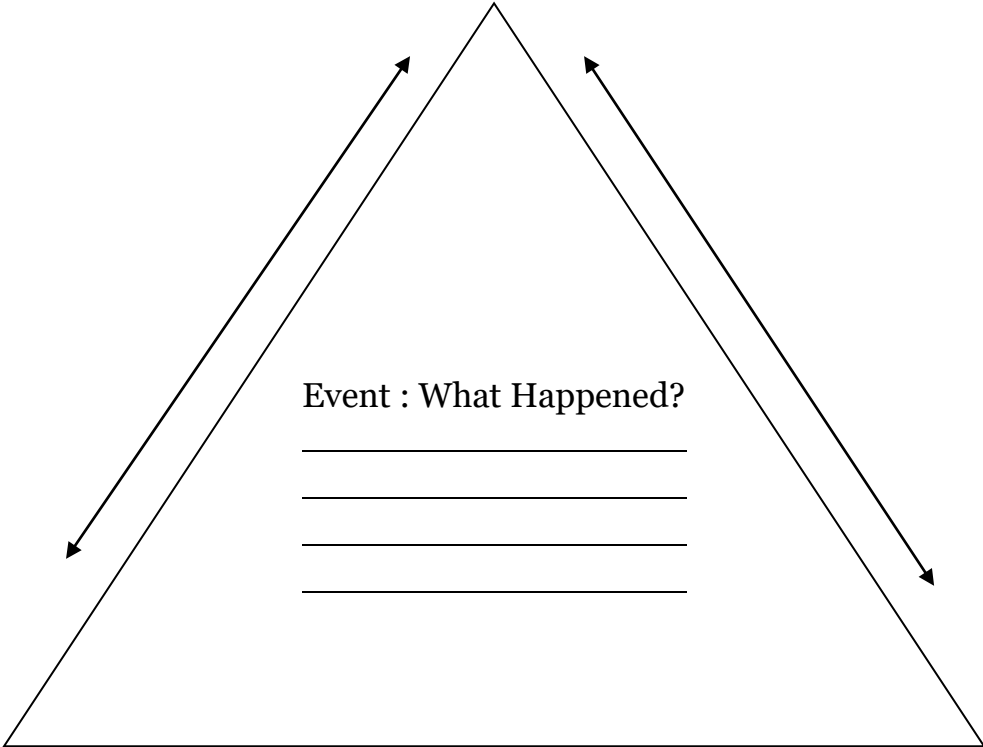


# CBT Worksheet

**Thought**

**Behavior**

**Feeling**



<b>Event (something happens)</b>	<b>Thought (I tell myself something)</b>	<b>Feeling (I feel something)</b>	<b>Behavior (I do something)</b>

**Challenging your negative thoughts:**

1. What, if any, evidence supports my thought?

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2. What, if any, evidence contradicts my thought?

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3. What would a more accurate perspective be?

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