

## **CBT analysis worksheet**

This worksheet is best done when you have read “what is CBT?” and “extreme thoughts and processes” worksheets. It is useful to have a copy of them when you do this exercise. It is better to have your own devoted workbook (A4 size with lines preferably, but something big enough to make notes in), when you do this so you can copy down the steps and practice yourself

**Trigger Situation**

**Thoughts**

**Feelings**

**Physical Symptoms**

**Behaviours**

**Consequences**

**Reflection and reframing on what happened**

**Action Plan (what I will do next) to learn from this and keep myself on track**