**CBT Worksheet**

| **Situation**Something happens. This step only covers the facts of what happened, without any hesitation. |  |
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| **Thought**Using thought, you interpret the situation. These interpretations are not always accurate. There are many ways to think about the same situation. |  |  |
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| **Feeling**You experience emotions based on your thoughts about the situation |  |  |
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| **Behavior**You respond to the situation based upon your thoughts and feelings |  |  |
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