**CBT Worksheet**

| **Situation**  Something happens. This step only covers the facts of what happened, without any hesitation. |  |
| --- | --- |



| **Thought**  Using thought, you interpret the situation. These interpretations are not always accurate. There are many ways to think about the same situation. |  |  |
| --- | --- | --- |

| **Feeling**  You experience emotions based on your thoughts about the situation |  |  |
| --- | --- | --- |

| **Behavior**  You respond to the situation based upon your thoughts and feelings |  |  |
| --- | --- | --- |