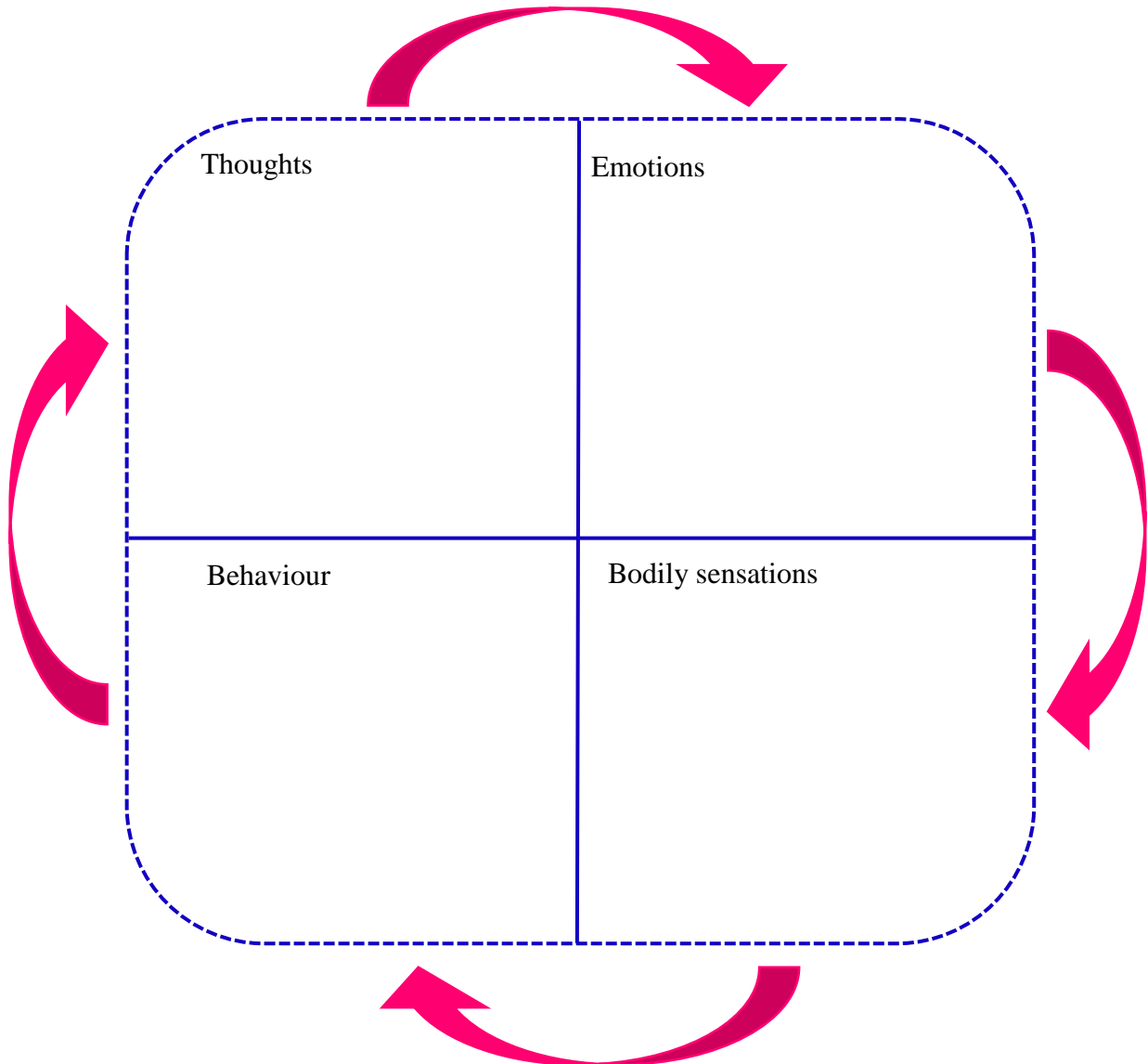


CBT Worksheet

Sometimes our thoughts can affect our emotions, which in turns can affect our bodily sensation and our outcome behaviour. When having anxious thoughts, we might engage in this cycle, and each component triggers the other. This worksheet is designed to identify and break down each of the components (thoughts, emotions, bodily sensations and behaviour) and might be useful to find a way to break the cycle.



Useful questions you might want to ask yourself:

- What was the event?
- What emotions did I feel?
- How did my body feel?
- How did I react?
- Was my reaction helpful?
- What can I do different next time?