

Name _____

Date _____

STOP, REWIND, RETHINK

CBT Worksheet

Identify an anxiety-provoking thought and list this thought in the first box. Observe how this anxious thought is not based in reality, and in the second box, note how this thought is skipping rational thinking. Make note of how to disprove this anxious thought. In the third box, make note of a positive and healthy self-talk phrase to combat the anxious thought. This might include facts to disprove your anxious thoughts.

STOP

Identify your anxious thought. Think of a self-talk phrase to stop this thought and write it in the box.

REWIND

Notice that your brain is skipping over rational thinking and going into worry thinking. Write down how you will calm your brain and rewind back into rational thinking.

RETHINK

Identify facts to disprove your anxious thinking and write them in the box.