

# CBT THERAPY WORKSHEET

<b>SITUATION</b> What was the situation?	<b>THOUGHTS</b> What was going on in my mind?	<b>FEELINGS</b> What did you feel during the situation?	<b>EVIDENCE</b> Evidence supporting this thought	<b>COUNTER-EVIDENCE</b> Evidence againts this thought	<b>PERSPECTIVE</b> A new, more balanced perepective