Name		Date
THE COGNITIVE THERAPY WORKSHEET		
SITUATION		
FEELINGS Rate your mood (0-100%)		
How did you feel in this situation?		
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What were you thinking in this situation?		
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Dig deeper		
l ı		
Core belief		
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How did you fe	eel after the rebuttal?	Rate your mood on a scale of O-100 O = feeling miserable 100 = feeling ok