

Name \_\_\_\_\_

# Cognitive Therapy

<i>Situation</i> ..... .....
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<i>Feelings</i> ..... ..... ..... .....
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<i>Rate your mood on a scale of 0-100</i>
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<i>What were you thinking in this situation?</i> <i>Immediate thoughts</i> ↓ <i>Dig Deeper</i> ↓ <i>Core belief</i>
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<i>Rate your mood on a scale of 0-100</i>
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<i>How did you feel after the rebuttal?</i> ..... ..... .....
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<i>Rate your mood on a scale of 0-100</i>
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