CBT WORKSHEET

Cognitive behavioral therapy is very helpful in combating automatic thoughts that are self defeating. Complete the following each day.

Event	Feelings	Automatic Thoughts	Challenge the Thoughts
Blew it at work	Shame, Fear, Humiliation	I can't do anything right. My boss is going to fire me.	Everyone makes mistakes. My boss hasn't fired anyone yet for making a mistake. I will correct it and talk to the boss.