

Seven Simple CBT Worksheets

These cognitive behavioral worksheets are designed to be used with individuals and groups.

The various elements of elements of the CBT therapeutic process are broken into parts that are contained on different pages.

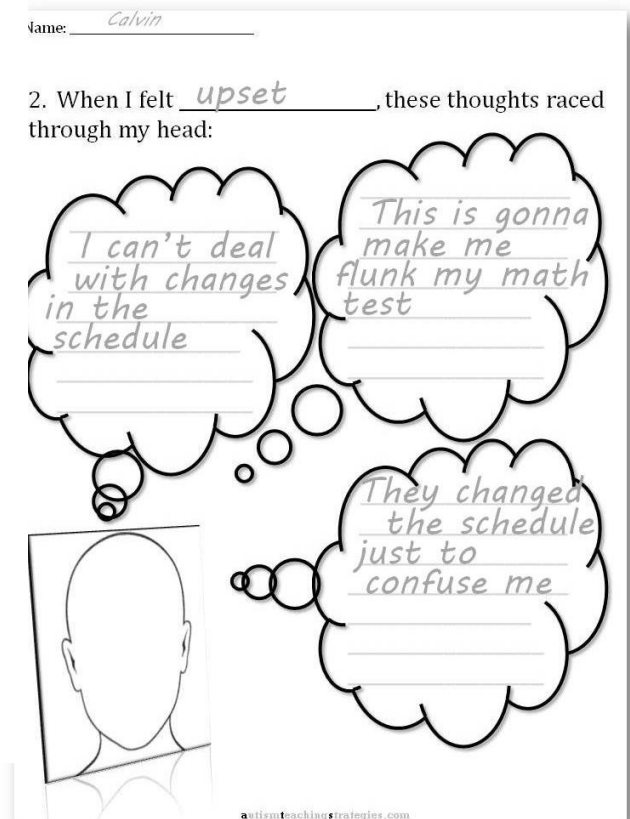
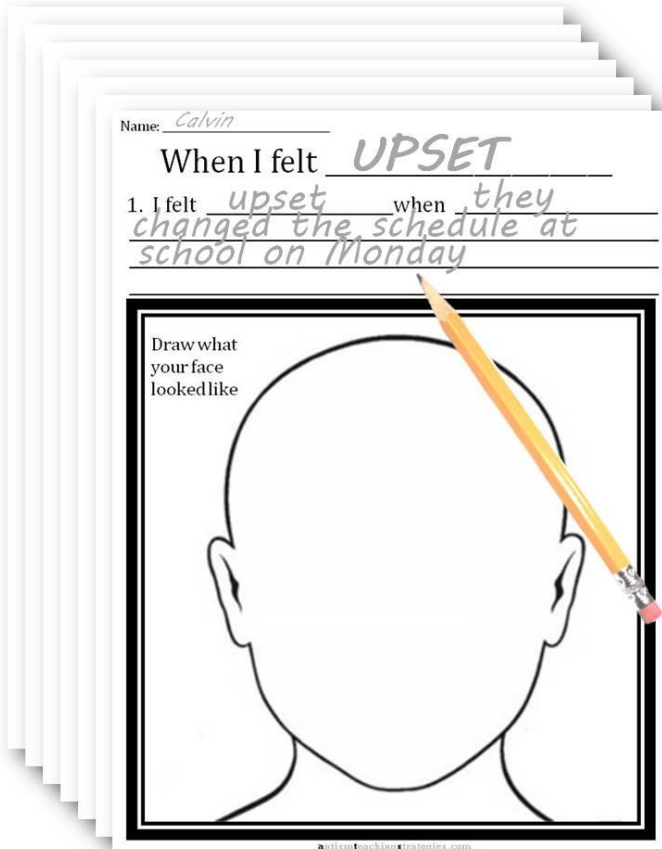
Have the child complete the pages one at a time. It can be overwhelming to display the entire packet of seven pages all at once. You don't actually need to have the child complete each page in many cases. By all means, do the writing yourself while the child dictates to you if that helps move the work along.

Use these worksheets in combination with other resources by Joel Shaul, including 52 CBT Thought Bubbles.

For a video explanation: <https://bit.ly/2ASCBtI>

CBT Videos for Children: <http://bit.ly/MNsdYZ>

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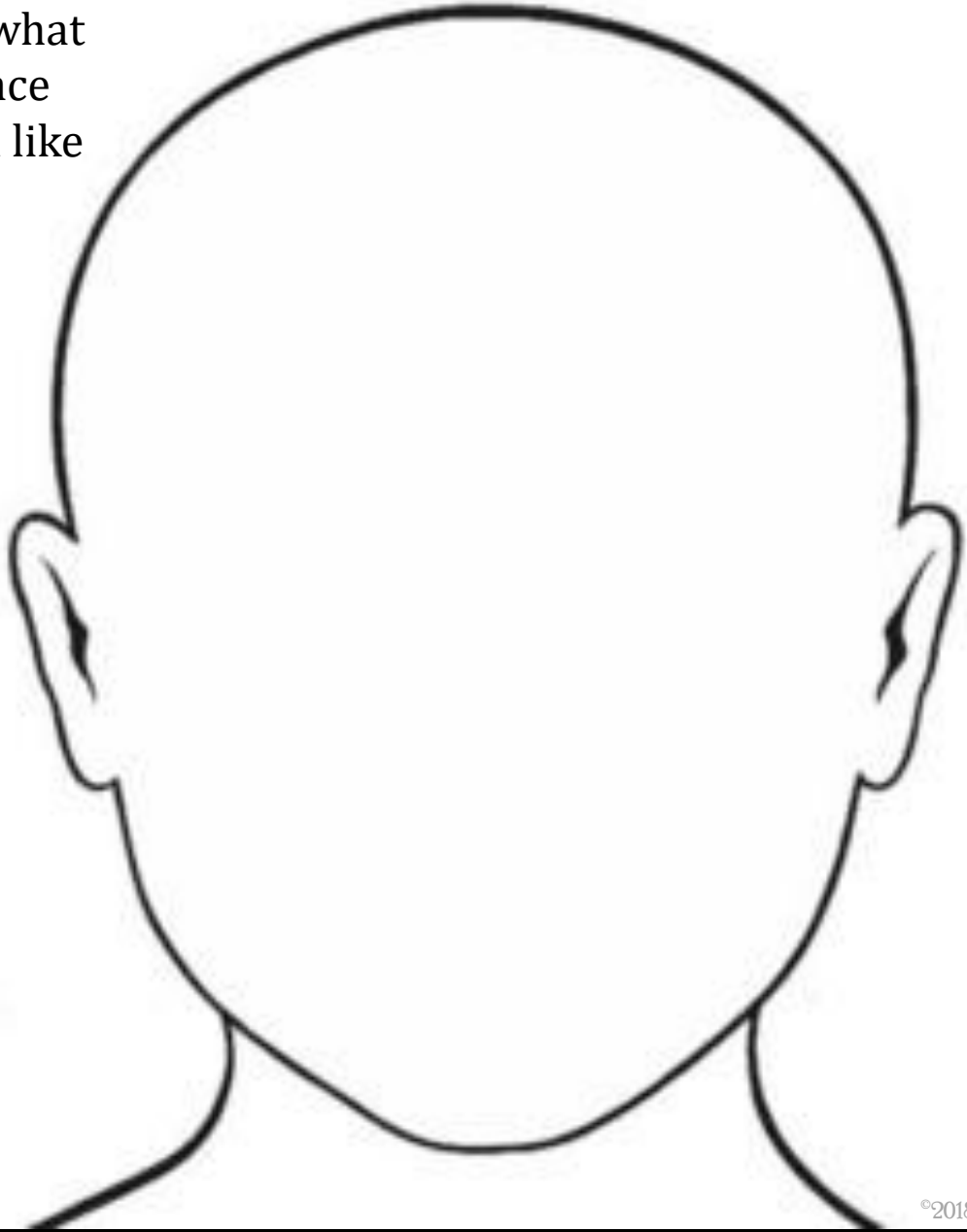


Name: _____

When I felt _____

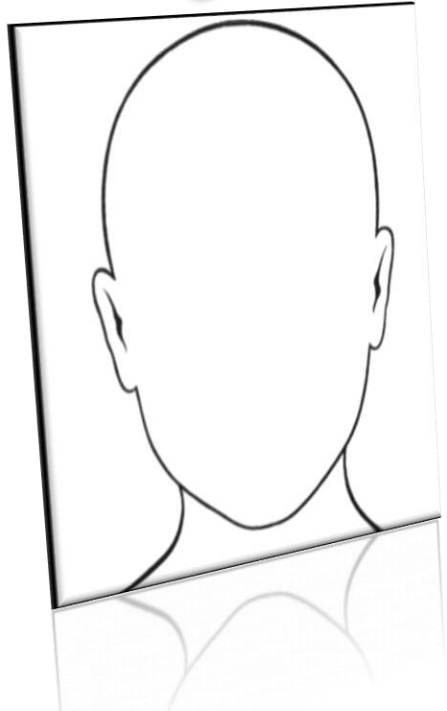
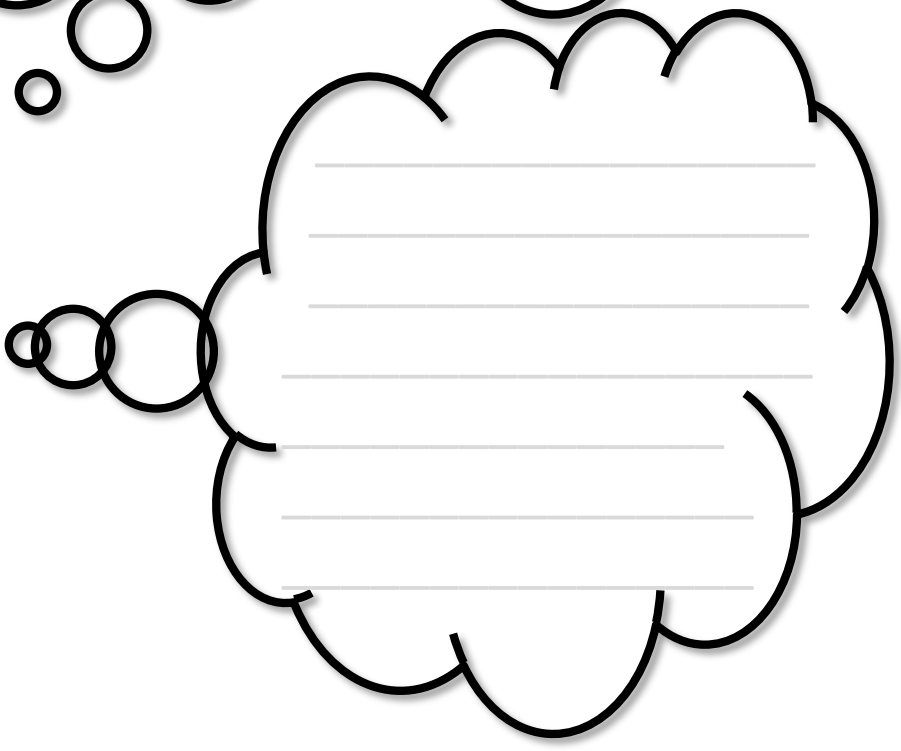
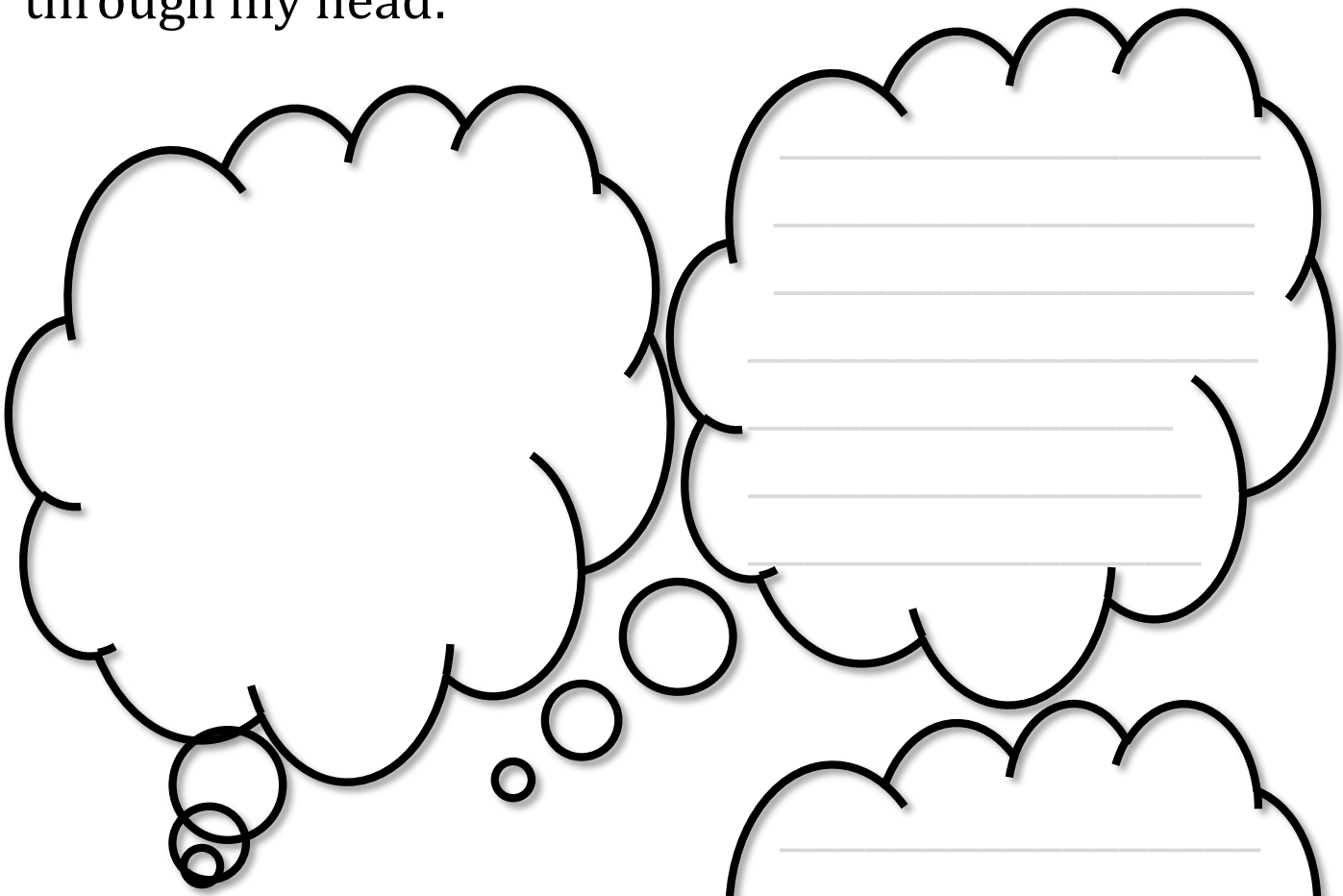
1. I felt _____ when _____

Draw what
your face
looked like



Name: _____

2. When I felt _____, these thoughts raced through my head:



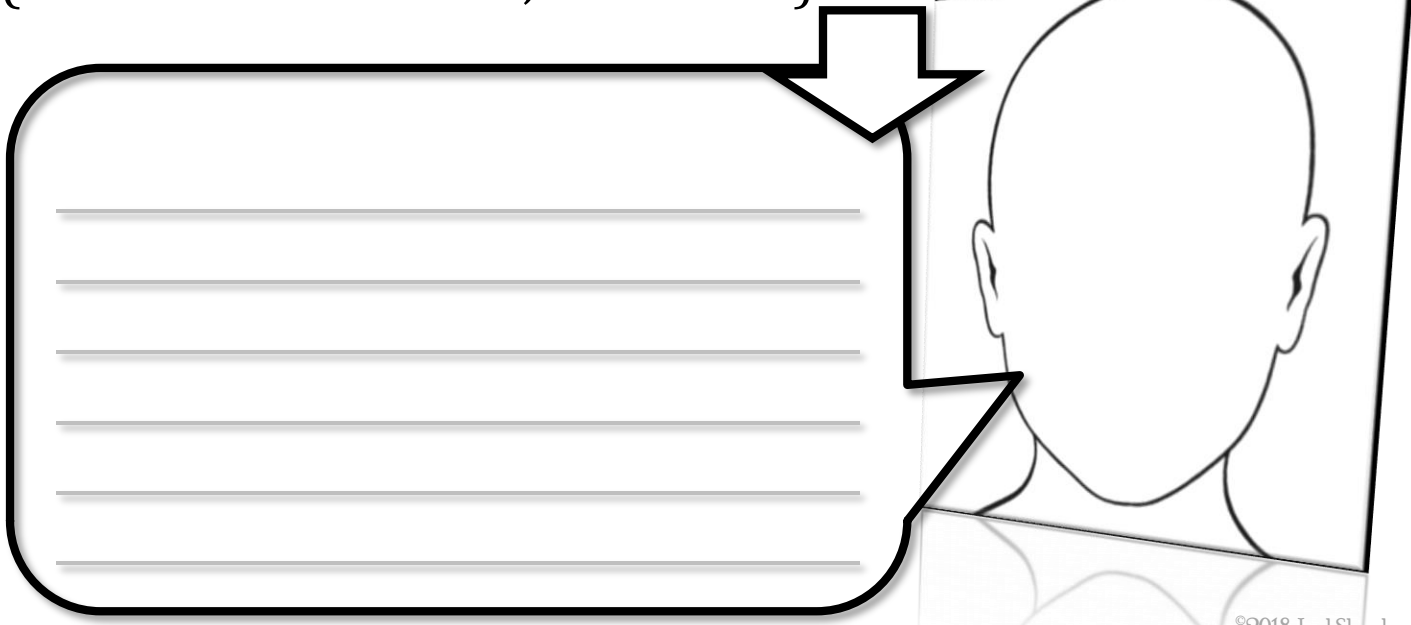
Name: _____

3. When I felt _____, I *DID* these things:



4. While I felt _____ here is what I SAID.

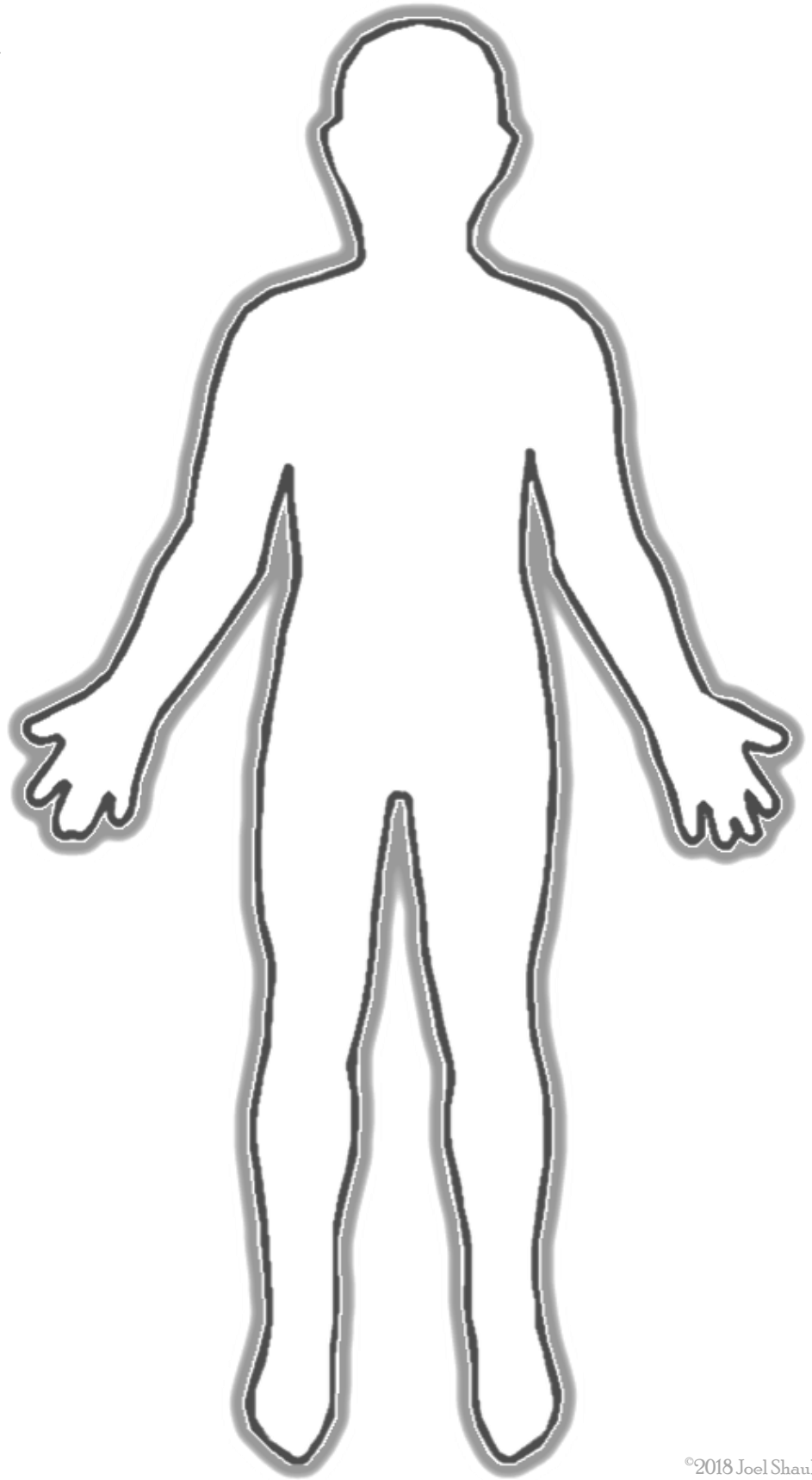
(Did it make it worse, or better?)



Name: _____

5. People can get upset in their bodies.

Put an **X** on the places that felt bad or different when you were upset.



Name: _____

How to deal with it when I feel

6. To fight the upsetting thoughts, I could have tried these thoughts instead:

The form consists of three large, cloud-shaped thought bubbles arranged in a triangle. Each bubble contains five horizontal lines for writing. A line of small circles connects the top of a person's head (shown in a simple line drawing at the bottom left) to the bottom of the leftmost thought bubble. The bubbles are connected to each other by a series of small circles, creating a path from the person's head to each of the three thought bubbles.

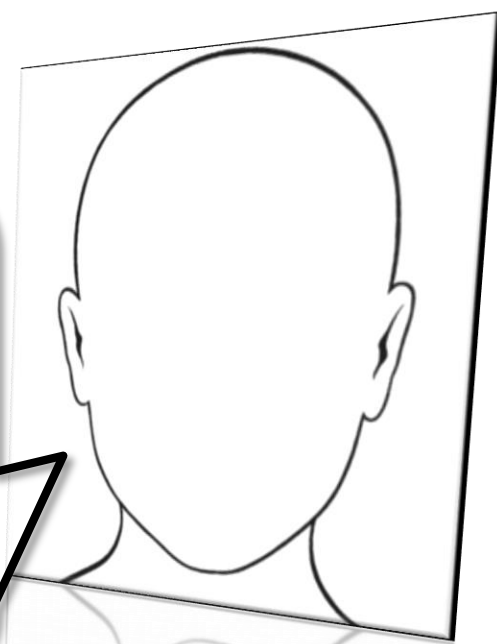
Name: _____

7. When I felt _____, here are some better things I could have SAID:

To get help:

To let someone know how I feel:

8. Something better I could have *DONE* when I was upset:



Name: _____

9. Sometimes people can calm down their bodies when they are upset.

Think about the time you were upset. What things could you have done to calm down your body?

