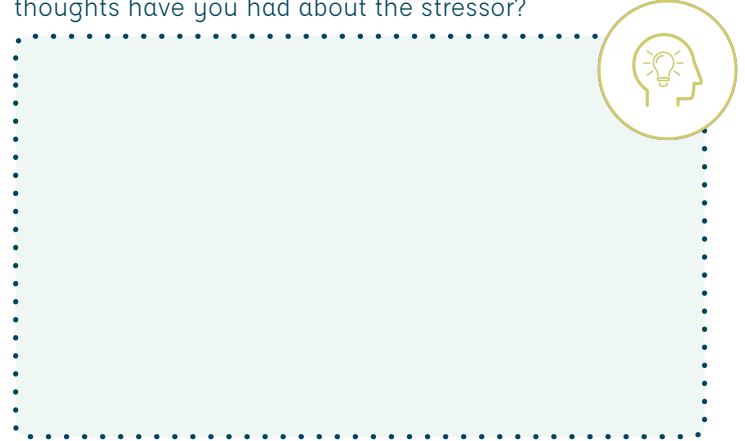


COGNITIVE BEHAVIORAL MODEL WORKSHEET

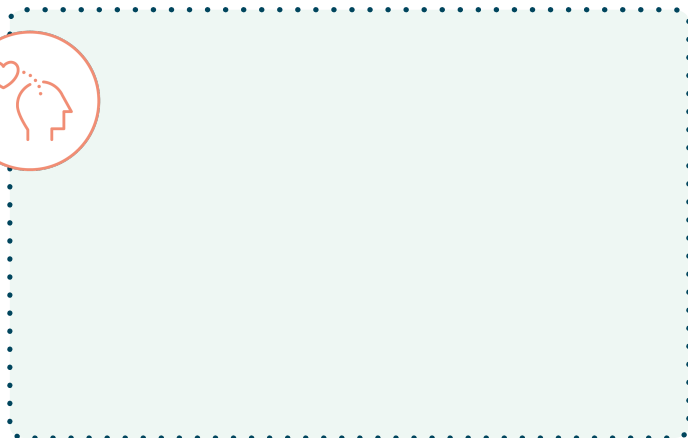
SITUATION What is your biggest stressor right now?



THOUGHTS What do you believe about this stressor? What thoughts have you had about the stressor?



EMOTION What feelings do you have about the stressor?



BEHAVIOR What have you done/do you do in response to the stressor?



Pick one behavior/response that you would like to change in relation to your stressor.



1 Let's go back to the **THOUGHT**. How can you reframe the thought you have about your stressor?

EXAMPLES

"I have control over this..." rather than, "I have no control over this." Name what you have control over.
"I am doing my best..." rather than, "I am failing at everything." Recognize all that you are doing!



2 With the new thought, what **EMOTIONS** are attached to the new thought?



3 What is a possible new response/behavior you would associate with the new thought and emotion?

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