Thinking, Feeling, and Doing CBT Worksheet

Name: **Age:**

Part 1 Instructions: Use this activity to reflect on your thoughts, emotions, and behaviors in a specific situation. Answer the following questions honestly.

Situation: Describe a recent situation or event that triggered significant thoughts, emotions, or actions.

Thoughts: What were the primary thoughts running through your mind during this situation? Were these thoughts primarily positive or negative?

Emotions: Identify the emotions you experienced during this situation (e.g., anger, joy, anxiety).

Rate the intensity of each emotion on a scale from 1 (low) to 10 (high). _____

Behaviors: What actions or behaviors did you engage in as a result of these thoughts and emotions?

Did these behaviors align with your values and goals?

Thinking Feeling Doing

TD Snyder

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