

Cognitive Therapy Work -Sheets

<b>Stop and observe</b>	<b>Feelings</b>	<b>Thoughts (negative)</b>	<b>Reframe thought.</b>	<b>New Action</b>
<b>Stop, observe your emotions, physical sensations.</b>	<b>Write negative emotions such as sadness, irritable, pain</b>	<b>Write automatic thoughts associated with the emotions</b>	<b>Write a more rational thought.</b>	<b>Act, do something new like a walk, read a book.</b>