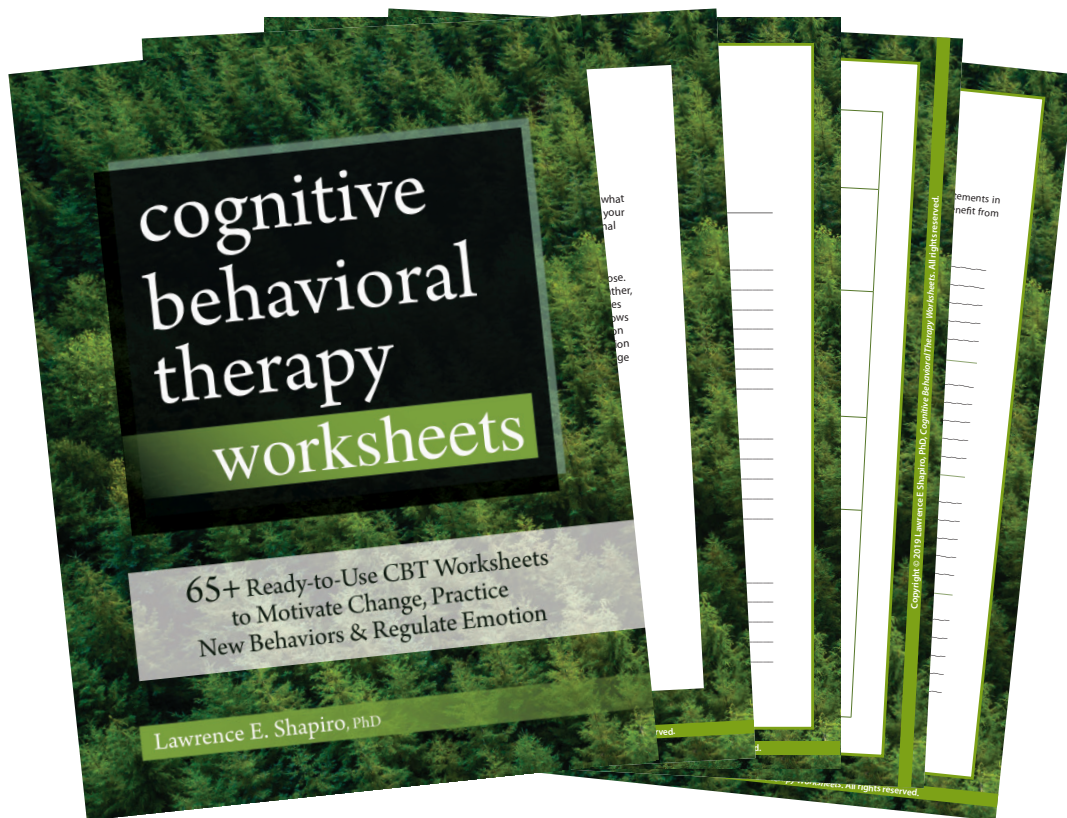


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cognitive behavioral therapy

Ready-to-Use CBT Worksheets to Motivate
Change, Practice New Behaviors & Regulate Emotion

WORKSHEETS



Practical and engaging printable tools
for you and your client!

Creating a Personal Mission Statement

If you want to live each day to the fullest, then you will need to think about what you really want out of your life and the principles and values that will guide your day-to-day decisions. This worksheet is designed to help you create a personal mission statement (sometimes called a purpose statement), which can be a simple road map to help you live a happy and fulfilling life.

A personal mission statement provides clarity and gives you a sense of purpose. It defines who you are and how you will live. It is different from your goals; rather, it is what your goals are based on. It includes your values, beliefs, and priorities in just a sentence or two. When you have a personal mission statement, it shows you the path to make your decisions each day, and it also gives you permission to say “no” to the things that are distractions. It is important to note that mission statements are not written in stone but, rather, change over time as you change with your life experiences.

Here are some personal mission statements from some people you may know of:

“To be a teacher. And to be known for inspiring my students to be more than they thought they could be.”

— Oprah Winfrey

“To have fun in [my] journey through life and learn from [my] mistakes.”

— Sir Richard Branson

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”

— Maya Angelou

Developing Your Personal Mission Statement

Use this worksheet to help you think about and develop a personal mission statement.

Think about three people you admire and the traits they have that you think are important.







What are traits these people have that you admire?





























Name five values that define you.











Think about the roles that you play in the lives of others—your friends, family, coworkers.
Write down all the important roles you have in your life.

Developing Your Personal Mission Statement

Write down the most important things that you want to accomplish in your life.

- _____
- _____
- _____
- _____
- _____
- _____

Imagine who you want to become in this world, what you want to be known for, and how you want to be remembered. Write it down below.

Write down some things you are really good at.

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Challenge Automatic Thoughts

Use the following worksheet to practice replacing your irrational thoughts with ones that are realistic. Use the first column to write down your automatic thoughts whenever you have them. Then, rate how much you believe that each thought is true in the second column (1 = *I understand that this thought is not really true*, and 10 = *I strongly believe that this thought is true*). Then, write down what type of automatic thought this is in the third column (e.g., mind reading, catastrophic thinking, "should" statements, and so on).

In the fourth column, based on your understanding of how your automatic thoughts can be distorted, write a rational or realistic thought to replace the irrational automatic one. For example, if you think: "If I get on a plane, with my bad luck, I am sure that it will crash," then the rational replacement thought might be: "Planes are the safest way to travel and are much safer than driving a car or taking a train. My luck has nothing to do with whether there is a problem on a particular flight."

Finally, rate how much you believe that this replacement thought is true (1 = *I know that this is the rational way of thinking, but I don't really believe it*, and 10 = *I strongly believe that this is true*).

Challenge Automatic Thoughts

Irrational automatic thought	How strongly do you believe that this thought is true? (1-10)	Type of automatic thought	Rational replacement thought	How strongly do you believe that this thought is true? (1-10)

Communicating Your Feelings with “I” Statements

Sometimes, people don't tell others how they feel, which can lead to a variety of frustrating problems. For example, Jamie felt that she was trapped in an uncaring marriage with her husband, Michael. She complained that Michael always made all the plans, expected her to cook and clean without ever saying an appreciative comment, and even though she always tried to keep fit and dress well, he never complimented her appearance. Although Jamie would occasionally say something sarcastic to Michael about his lack of attention, she never told him how his actions made her feel or what she really expected from the relationship. As a result, Jamie felt more and more resentment and was even considering asking for a divorce.

A lack of communication can have a detrimental effect on any relationship. We all wish to be understood and valued for who we are but when we fail to communicate our feelings and needs, it can be very difficult to develop a meaningful relationship with a strong bond. Even parents can make the mistake of thinking that their children are “mind readers.” Parents may complain that their children are inconsiderate and self-absorbed, but if they don't take the time to communicate how their children's behavior makes them feel, then how will their children learn to understand the feelings of others?

When you want to communicate how you feel, it helps to use “I” statements, which are a method of saying precisely how you feel and what you want others to understand. In contrast to “you” statements, “I” statements focus on your needs and wants without making the other person feel defensive. “I” statements should be nonjudgmental. They are statements about your feelings and desires. They are very different than “you” statements which are accusatory and typically make people feel defensive, hurt, or even angry.

Take the example of Jamie and Michael. After a long day at work and with a migraine headache, Jamie finally had enough. Michael was sitting at dinner, reading a magazine, and not saying a word. Jamie blew up. “You are so selfish,” she exclaimed, “I don't even know how you can stand living with yourself.” Michael looked up with surprise and said, “Just what did I do?”

Now let's take the same scene and replay it with Jamie making an "I" statement. She might say something like: "I've really had a hard day and I've got a terrible headache. I would really like it if you would just talk to me awhile and maybe wash up after dinner so I can rest. I hope you understand that sometimes I need you to just look after me and maybe even spoil me a bit." You can see how the result of using an "I" statement versus a "you" statement might lead to a very different end to the dinner.

When you use "I" statements, it does not mean that you will get everything you want, but at least people will understand what is important to you.

Communication With “I” Statements

Fill in these “I” statements with different people in mind, and then practice using similar statements in real-life situations. You can also consider giving this worksheet to anyone who might also benefit from communicating his or her needs more effectively.

Name of person: _____

I feel _____ because _____

I would like it if you would _____

I really want _____

I hope you understand that _____

Name of person: _____

I feel _____ because _____

I would like it if you would _____

I really want _____

I hope you understand that _____

Name of person: _____

I feel _____ because _____

I would like it if you would _____

I really want _____

I hope you understand that _____

Name of person: _____

I feel _____ because _____

I would like it if you would _____

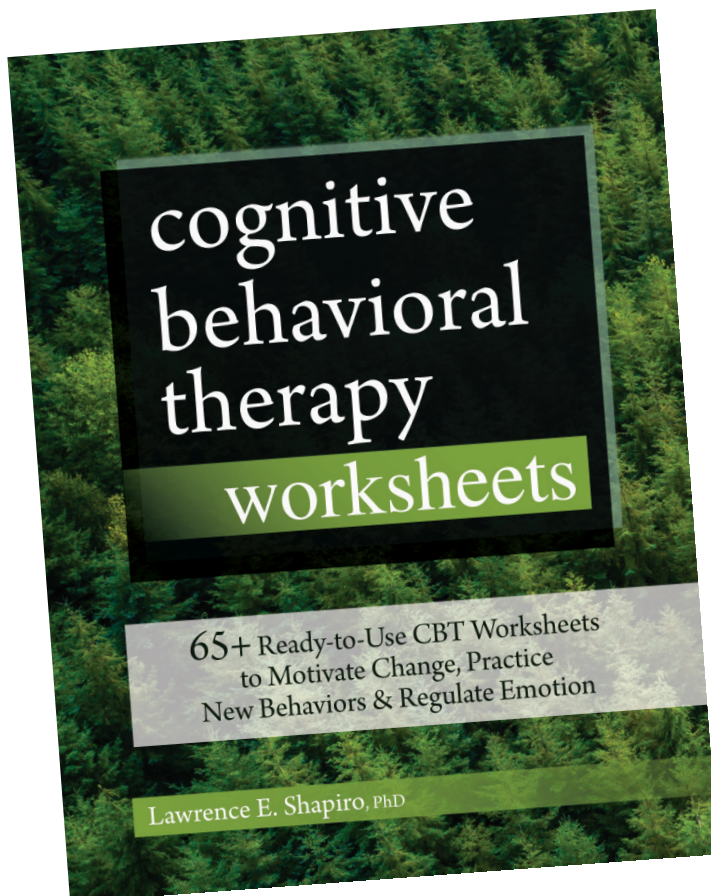
I really want _____

I hope you understand that _____

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