

# **Educational Worksheet on Using Cognitive Behavioral Therapy for Building Self- Efficacy and Internal Resources**

## **1. Building Internal resources:**

A. Identify one thing about yourself that you are grateful for and at least one thing that makes you unique. List them in the space below:

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B. Brainstorm a time when you felt proud of an accomplishment.

C. List strengths and characteristics from the list above (or not listed) that were used to achieve that accomplishment.

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Reference your internalized resources written above for the following steps.

## **2. Identifying Triggers:**

- Identify a recent trigger(an event such as a social interaction) where you experienced negative self-talk (thinking poorly of yourself)
- Identify triggers: What types of interactions repeatedly cause negative self-talk? Are there any patterns?

### **3. Catching and Redirecting Thoughts**

- A. Be on the lookout for triggering interactions to try and catch negative self-talk as they happen in the moment.
- B. B. Redirect negative self talk to focusing on your internalized strengths.
- C. Disrupt negative thoughts by implementing a grounding technique

### **4. Challenge Automatic Thoughts:**

- Identify contradictions between negative self-talk and internalized strengths
- Challenge how much importance is placed on the triggering interactions

*\*This Worksheet Consists of Clinically Informed Educational Resources From Mental Health Counseling Services of New York. This course is not intended as therapy or as a substitution for therapy, and is educational in nature. For mental health advice/treatment, contact a mental health provider. Information for*

*resources to mental health providers can be located on the last page of the package.*

For questions or information on mental health  
services, reach out to  
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<https://mentalhealthservicesofny.com/>