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Cbt worksheets for anxiety and depression

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Even if you're relatively unfamiliar with psychology, chances are you've heard of cognitive-behavioral therapy, commonly known as CBT. It's an extremely common type of talk therapy practiced around the world. If you've ever interacted with a mental health therapist, a counselor, or a psychiatry clinician in a professional setting, it's likely you've participated in CBT. If you've ever heard friends or loved ones talk about how a mental health professional helped them identify unhelpful thoughts and patterns and behavior and alter them to more effectively work towards their goals, you've heard about the impacts of CBT. CBT is one of the most frequently used tools in the psychologist's toolbox. Though it's based on simple principles, it can have wildly positive outcomes when put into practice. In this article, we'll explore what CBT is, how it works, and how you can apply its principles to improve your own life or the lives of your clients. Before you read on, we thought you might like to download our three Positive CBT Exercises for free. These science-based exercises will provide you with a comprehensive insight into Positive CBT and will give you the tools to apply it in your therapy or coaching. What is CBT? "This simple idea is that our unique patterns of thinking, feeling, and behaving are significant factors in our experiences, both good and bad. Since these patterns have such a significant impact on our experiences, it follows that altering these patterns can change our experiences" (Martin, 2016). Cognitive-behavioral therapy aims to change our thought patterns, our conscious and unconscious beliefs, our attitudes, and, ultimately, our behavior, in order to help us face difficulties and achieve our goals. Psychiatrist Aaron Beck was the first to practice cognitive behavioral therapy. Like most mental health professionals at the time, Beck was a psychoanalysis practitioner. While practicing psychoanalysis, Beck noticed the prevalence of internal dialogue in his clients and realized how strong the link between thoughts and feelings can be. He altered the therapy he practiced in order to help his clients identify, understand, and deal with the automatic, emotion-filled thoughts that regularly arose in his clients. Beck found that a combination of cognitive therapy and behavioral techniques produced the best results for his clients. In describing and honing this new therapy, Beck laid the foundations of the most popular and influential form of therapy of the last 50 years. [kajafritupafajpjo.pdf](#) This form of therapy is not designed for lifelong participation and aims to help clients meet their goals in the near future. Most CBT treatment regimens last from five to ten months, with clients participating in one 50- to 60-minute session per week. CBT is a hands-on approach that requires both the therapist and the client to be invested in the process and willing to actively participate. The therapist and client work together as a team to identify the problems the client is facing, come up with strategies for addressing them, and creating positive solutions (Martin, 2016). Cognitive Distortions Many of the most popular and effective cognitive-behavioral therapy techniques are applied to what psychologists call "cognitive distortions," inaccurate thoughts that reinforce negative thought patterns or emotions (Grohol, 2016).

SOCIAL ANXIETY

Social anxiety occurs whenever you start feeling nervous or scared when you are around other people. Use this worksheet to explore more about social anxiety!

WHAT SOCIAL SITUATIONS MAKE ME ANXIOUS? (WRITE IN YOUR OWN)

_____ Sitting in the lunch room	_____ Talking to adults
_____ Being on stage	_____ Reading aloud
_____ Talking in front of the class	_____ Being around a lot of people
_____ Meeting new people	_____ Walking in the hallway

WHAT ARE SOME THOUGHTS THAT I HAVE WHEN I'M IN SOCIAL SITUATIONS?

HOW DO I FEEL WHEN I'M IN SOCIAL SITUATIONS?

WHAT CAN I DO TO START COPING WITH MY SOCIAL ANXIETY?

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There are 15 main cognitive distortions that can plague even the most balanced thinkers. 1. Filtering Filtering refers to the way a person can ignore all of the positive and good things in life to focus solely on the negative. It's the trap of dwelling on a single negative aspect of a situation, even when surrounded by an abundance of good things. [theological education by extension books.pdf](#) 2. Polarized thinking / Black-and-white thinking This cognitive distortion is all-or-nothing thinking, with no room for complexity or nuance—everything's either black or white, never shades of gray. If you don't perform perfectly in some area, then you may see yourself as a total failure instead of simply recognizing that you may be unskilled in one area. 3. Overgeneralization Overgeneralization is taking a single incident or point in time and using it as the sole piece of evidence for a broad conclusion. For example, someone who overgeneralizes could bomb an important job interview and instead of brushing it off as one bad experience and trying again, they conclude that they are terrible at interviewing and will never get a job offer. 4. Jumping to conclusions Similar to overgeneralization, this distortion involves faulty reasoning in how one makes conclusions. Unlike overgeneralizing one incident, jumping to conclusions refers to the tendency to be sure of something without any evidence at all. For example, we might be convinced that someone dislikes us without having any real evidence, or we might believe that our fears will come true before we have a chance to really find out. 5. Catastrophizing / Magnifying or Minimizing This distortion involves expecting that the worst will happen or has happened, based on an incident that is nowhere near as catastrophic as it is made out to be. For example, you may make a small mistake at work and be convinced that it will ruin the project you are working on, that your boss will be furious, and that you'll lose your job. Alternatively, one might minimize the importance of positive things, such as an accomplishment at work or a desirable personal characteristic. 6. Personalization This is a distortion where an individual believes that everything they do has an impact on external events or other people, no matter how irrational that may be. A person with this distortion will feel that he or she has an exaggerated role in the bad things that happen around them. For instance, a person may believe that arriving a few minutes late to a meeting led to it being derailed and that everything would have been fine if they were on time. 7. Control fallacies This distortion involves feeling like everything that happens to you is either a result of purely external forces or entirely due to your own actions. Sometimes what happens to us is due to forces we can't control, and sometimes what it change lies in expecting other people to change as it suits us. This ties into the feeling that our happiness depends on other people, and their unwillingness or inability to change, even if we demand it, keeps us from being happy. This is a damaging way to think because no one is responsible for our own happiness except ourselves. 8. Fallacy of fairness We are often concerned about fairness, but this concern can be taken to extremes. As we all know, life is not always fair. The person who goes through life looking for fairness in all their experiences will end up resentful and unhappy. Sometimes things will go our way, and sometimes they will not, regardless of how fair it may seem. 9. Blaming When things don't go our way, there are many ways we can explain or assign responsibility for the outcome. One method of assigning responsibility is blaming others for what goes wrong. Sometimes we may blame others for making us feel or act a certain way, but this is a cognitive distortion. Only you are responsible for the way you feel or act. 10. "Shoulds" "Shoulds" refer to the implicit or explicit rules we have about how we and others should behave. When others break our rules, we are upset. When we break our own rules, we feel guilty. For example, we may have an unofficial rule that customer service representatives should always be accommodating to the customer. When we interact with a customer service representative that is not immediately accommodating, we might get angry. If we have an implicit rule that we are irresponsible if we spend money on unnecessary things, we may feel exceedingly guilty when we spend even a small amount of money on something we don't need. 11. Emotional reasoning This distortion involves thinking that if we feel a certain way, it must be true. 12. Fallacy of change The fallacy of change lies in expecting other people to change as it suits us. This ties into the feeling that our happiness depends on other people, and their unwillingness or inability to change, even if we demand it, keeps us from being happy. This is a damaging way to think because no one is responsible for our own happiness except ourselves. 13. Global labeling / mislabeling This cognitive distortion is an extreme form of generalizing, in which we generalize one or two instances or qualities into a global judgment. For example, if we fail at a specific task, we may conclude that we are a total failure in not only that area but all areas. Alternatively, when a stranger says something a bit rude, we may conclude that he or she is an unfriendly person in general. Mislabeling is specific to using exaggerated and emotionally loaded language, such as saying a woman has abandoned her children when she leaves her children with a babysitter to enjoy a night out. 14. Always being right While we all enjoy being right, this distortion makes us think we must be right, that being wrong is unacceptable. We may believe that being right is more important than the feelings of others, being able to admit when we've made a mistake or being fair and objective. 15. Heaven's Reward Fallacy This distortion involves expecting that any sacrifice or self-denial will pay off. We may consider this karma, and expect that karma will always immediately reward us for our good deeds. This results in feelings of bitterness when we do not receive our reward (Grohol, 2016). Many tools and techniques found in cognitive behavioral therapy are intended to address or reverse these cognitive distortions. 9 Essential CBT Techniques and Tools There are many tools and techniques used in cognitive behavioral therapy, many of which can be used in both a therapy context and in everyday life. [libro de guicoz parasitologia veterinaria.pdf](#) The nine techniques and tools listed below are some of the most common and effective CBT practices. 1. Journaling This technique is a way to gather about one's moods and thoughts. A CBT journal can include the time of the mood or thought, the source of it, the extent or intensity, and how we reacted, among other factors. This technique can help us to identify our thought patterns and emotional tendencies, describe them, and change, adapt, or cope with them (Utley & Garza, 2011). Follow the link to find out more about using a thought diary for journaling. 2. Unraveling cognitive distortions This is a primary goal of CBT and can be practiced with or without the help of a therapist. In order to unravel cognitive distortions, you must first become aware of the distortions from which you commonly suffer (Hamamci, 2002).

Distortion	How to Change it
ALL OF NOTHING THINKING: Viewing everything else in extremes with nothing being neutral. Ex: "I am only a good person" or "I am always late." Common words are Always, Never, Totally, Every, or Forever.	<ul style="list-style-type: none">• Create balanced statements by looking at the exceptions. "I am a good person, but sometimes make bad choices." "I make mistakes, but I am learning."• Think in percentages. I am 80% things being best.
JUMPING TO CONCLUSIONS: Predicting the future or the outcome of an event. Ex: "I will always be in danger." "No one will ever love me." "I will fail. They will reject me." "I won't be able."	<ul style="list-style-type: none">• Look for the odds of your prediction coming true. "There is a low likelihood that I will always be in danger."• Look for the evidence against your prediction. "I have been able to handle difficult work before, so I know I am able."
EMOTIONAL REASONING: Assuming that because you feel a certain way that it must be true. Ex: "I feel anxious, so I must be in danger." "I am worried, so I must not be ready for the test." "I'm not motivated, so I'm lazy."	<ul style="list-style-type: none">• Remind yourself that feelings are not facts. "I only feel anxious, but that is normal before a test."• Look for the evidence against your feelings are not facts. I have studied and I am prepared to pass the test."
CATASTROPHIZING: Assuming the worst will happen. Ex: "You notice a problem and start to 'what if?' it's a question every thing." "The car is making a weird sound, what if I crash?" or "You fail a quiz and assume you will fail the class."	<ul style="list-style-type: none">• Look for the odds of the worst case scenario happening. "There is a low likelihood that a weird car sound would cause me to crash the car."• Answer your "what if?" with a self-care plan. "I can just get road and get help if I hear it."

Part of this involves identifying and challenging harmful automatic thoughts, which frequently fall into one of the 15 categories listed earlier. 3. Cognitive restructuring Once you identify the distortions you hold, you can begin to explore how those distortions took root and why you came to believe them. When you discover a belief that is destructive or harmful, you can begin to challenge it (Larsson, Hooper, Osborne, Bennett, & McHugh, 2015). For example, if you believe that you must have a high-paying job to be a respectable person, but you're then laid off from your high-paying job, you will begin to feel bad about yourself. [56156557518.pdf](#) Instead of accepting this faulty belief that leads you to think negative thoughts about yourself, with cognitive restructuring you could take an opportunity to think about what really makes a person "respectable," a belief you may not have explicitly considered before. 4. Exposure and response prevention This technique is specifically effective for those who suffer from obsessive-compulsive disorder (OCD; Abramowitz, 1996). You can practice this technique by exposing yourself to whatever it is that normally elicits a compulsive behavior, but doing your best to refrain from the behavior. You can combine journaling with this technique, or use journaling to understand how this technique makes you feel. 5. Interoceptive exposure Interoceptive Exposure is intended to treat panic and anxiety. It involves exposure to feared bodily sensations in order to elicit the response (Arntz, 2002). Doing so activates any unhelpful beliefs associated with the sensations, maintains the sensations without distraction or avoidance, and allows new learning about the sensations to take place. It is intended to help the sufferer see that symptoms of panic are not dangerous, although they may be uncomfortable.

L. (2018). Randomized controlled trial to dismantle exposure, relaxation, and rescripting therapy (ERRT) for trauma-related nightmares: theory, research, and policy, 10(1), 67-75. Retrieved from [Therapist Aid](#). (n.d.). Retrieved from [Utley, A., & Garza, Y. \(2011\)](#). The therapeutic use of journaling with adolescents. *Journal of Creativity in Mental Health*, 6(1), 29-41. CBT is one of the most effective psychological treatments when it comes to managing anxiety and depression, and can be a highly useful approach to apply in online therapy. If you help clients tackle cognitive distortions and unhelpful thinking styles, we've compiled a list of essential worksheets that should be part of your therapy toolbox. Cognitive-behavioral therapy (CBT) is based on the idea that thoughts, feelings, physical sensations and behaviors are interlinked, and that changing negative thought patterns can enhance the way we act and feel. It encompasses a variety of techniques and interventions that have been proven effective in the treatment of many mental disorders. Besides anxiety and depression, a few examples include: [1] Phobias, Panic disorder, Bipolar disorder, Borderline personality disorder, and Obsessive-compulsive disorder. With the advent of online therapy, guided online CBT has become an increasingly popular way for mental health professionals to help clients manage behavioral health conditions without the need to meet in person as often. CBT worksheets, exercises, and activities play a large role in these treatments to encourage further progress between sessions, in the same way that face-to-face CBT involves between-session practice. [2] So what types of online CBT worksheets can be used to help clients cope better with symptoms of anxiety? There is a wide spectrum of therapeutic approaches that range from self-help activities to guided interventions, and all of them focus on identifying and changing unhelpful thoughts, feelings, and behaviors. Here are a few of the best-known techniques that can be applied with the right tools. Identifying cognitive distortions Recognizing and identifying maladaptive automatic thoughts is a main goal of CBT. Recognizing and identifying maladaptive automatic thoughts is a main goal of CBT. Cognitive distortions describe inaccurate or exaggerated perceptions, beliefs, and thoughts that can contribute to or increase anxiety, so increasing a client's awareness of these is the first step to unraveling them and feeling better. Quenza's Unhelpful Thinking Styles - "Shoulding" and "Musting" worksheet, shown below, is an example exercise that can help clients recognize the damaging impacts of using "should" and "must" statements to place unreasonable demands or unnecessary pressure on themselves. Quenza's Unhelpful Thinking Styles worksheet can be used to help clients recognize maladaptive thinking patterns such as the use of "should" and "must" statements. Cognitive restructuring Cognitive restructuring involves disputing the distortions that underpin a client's challenges. Various techniques that can be helpful here include Socratic questioning, decatastrophizing, and disputing troublesome thoughts with facts. One example CBT exercise is the Cognitive Restructuring Expansion shown below, which can help clients identify automatic thoughts and substitute them with more fair, rational ways of thinking. Quenza's Cognitive Restructuring Expansion can teach clients how to replace automatic negative thoughts with more helpful ways of thinking. Journaling and thought records Journaling is a form of self-monitoring that helps clients identify their thought patterns and emotional tendencies, as shown by the Stress Diary Expansion below. Quenza's Stress Diary is a convenient way for clients to record their emotions and triggers throughout the week, so they can further understand the link between thoughts, feelings, and behaviors. Journals can involve logging negative thoughts or feelings as homework, with the aim of positioning clients to manage them successfully. Stress Reduction Techniques Stress reduction exercises such as deep breathing, meditation, and progressive muscle relaxation can all be effective CBT tools for managing anxiety. The example below is Quenza's Progressive Muscle Relaxation exercise, which clients can practice to increase their sense of control and calm when stressed or anxious. Quenza's Progressive Muscle Relaxation tool helps clients decrease stress and restore a sense of control when coping with anxiety. Breathing Exercises Diaphragmatic breathing is another useful relaxation exercise often used in CBT for anxiety. With this mindfulness practice, clients learn to regulate their breath and activate their body's relaxation response, as shown in Quenza's audio Diaphragmatic Breathing exercise below. Quenza's Diaphragmatic Breathing Meditation can help clients cultivate physical relaxation throughout the day as part of CBT treatments for anxiety. CBT worksheets are useful resources for therapists helping clients manage depression, because they can be used to encourage your clients' progress between sessions. If you are a mental health professional, the following worksheets can be shared as homework. Each is available as a customizable Quenza Expansion for easy sharing with clients with a \$1, 30-day Quenza trial. The ABC Model of Helpful Behavior ABC is an acronym for Antecedents, Behavior, and Consequences, and the ABC model proposes that behavior can be learned and unlearned based on association, reward, and punishment. This CBT worksheet allows clients to reflect on adaptive behavior, thus building their awareness of the triggers for and consequences of this behavior. After introducing the ABC Model of Behavior and the ABC Model of Helpful Behavior, the exercise asks clients to try it out themselves by: Describing a recent personal problem Recalling a helpful behavior that they carried out that contributed to the problem in a positive way. Recalling the Antecedents of the helpful Behavior - where they were, who they were with, and what they were doing, thinking, and feeling Considering the short- and long-term Consequences of that behavior - how they felt, what happened, and what others said or did. Unhelpful Thinking Styles - Emotional Reasoning This worksheet invites clients to identify and decrease the negative impact of a specific cognitive bias known as "Emotional Reasoning," which can be common in clients with depression. As an introduction, clients learn about the negative impacts of regarding emotions as evidence of the truth, or basing one's view of situations, yourself, or others on how they feel at a certain moment. They are then invited to reflect on a time when they used emotional reasoning and describe the situation as well as their thoughts and emotions at the time. Through self-reflection, this therapy exercise aims to help the user separate their feelings from their thoughts so that they can reduce the negative effect of emotional reasoning on their wellbeing. De-Catastrophizing As we've seen, patients with symptoms of depression often experience negative thoughts that result from faulty thinking rather than accurate experiences of reality. Catastrophizing is amplifying the importance of adverse events and situations while minimizing their positive aspects or outcomes. The Decatastrophizing Expansion can be an impactful cognitive restructuring technique to help with this cognitive distortion when it is practiced over time. Clients are asked to describe the situation that they are currently catastrophizing about before answering a series of questions to challenge their thinking: What is the worst that can happen? What three events would have to take place for the worst to happen? How likely is it that all three of these events will take place? What is a more likely outcome, given what you know about the situation? Here's an example of the PDF copy that you or your clients can download of these exercises: Decatastrophizing CBT worksheet To customize these CBT worksheets for depression and browse more, take a look at the \$1, 30-day Quenza trial. Studies have shown CBT to be useful in developing a client's self-esteem so that they start to perceive themselves as more worthy and deserving. [3] Cognitive restructuring is particularly can equip them with the skills to challenge or refute negative self-talk. This involves: Helping clients explore repetitive negative self-talk can be damaging to their sense of self-worth Challenging harmful cognitive distortions Supporting in the development of a more balanced, positive self-perspective. Quenza's Challenging Unhelpful Thoughts exercise uses cognitive restructuring to help clients identify automatic negative thought patterns and substitute them with more rational, accurate thought patterns. Quenza's Challenging Unhelpful Thoughts, pictured above, is an example CBT worksheet for self-esteem with the following prompts and questions: Describe a negative thought that keeps coming back. On a scale of 1 to 10, how strongly do you believe this thought to be true? What evidence supports this thought? What evidence do you have against the thought? What would you tell a friend (to help them) who would have the same thought? Once you've found the most useful tools for your programs and are ready to start treating clients, it's time to organize them for easy, convenient delivery. Without a centralized library of digital materials - and the ability to quickly personalize and share them - it's easy to spend more time than is necessary on the admin side of helping others. With the right CBT app, you should have an entire toolbox of CBT worksheets plus the tools you need to deliver them: Activity design tools: for efficiently creating online CBT interventions Customizable templates: e.g., Quenza Expansions that include personalizable science-based exercises and activities Documentation tools: e.g., Quenza Notes - A secure, convenient way to create and store session notes and collaborate with clients Pathway builder tools: which help you assemble separate worksheets and tools into programs and mental health treatment plans Real-time results tracking: to securely collect and store client responses and results A free client app: so that clients can easily receive, complete, and return your CBT resources and assemble a library of their finished activities. Whether you're new to the world of online therapy or coaching or simply looking to increase your impact, our free 30-page guide is a great place to start. This PDF will give you an easy-to-understand introduction to the essentials of digital practice: how to create and share your own CBT interventions, keep clients engaged in their treatment, and improve your clients' results while growing and scaling your business. Click here to download your copy of Coach, This Changes Everything. Practicing CBT online for the first time may take some adapting, but the ability to help more clients with less work is always worth the payoff. Hopefully, these worksheets and resources give you a solid starting point for building your CBT toolkit. Let your fellow practitioners know how you use them - leave a comment and join in the conversation below!