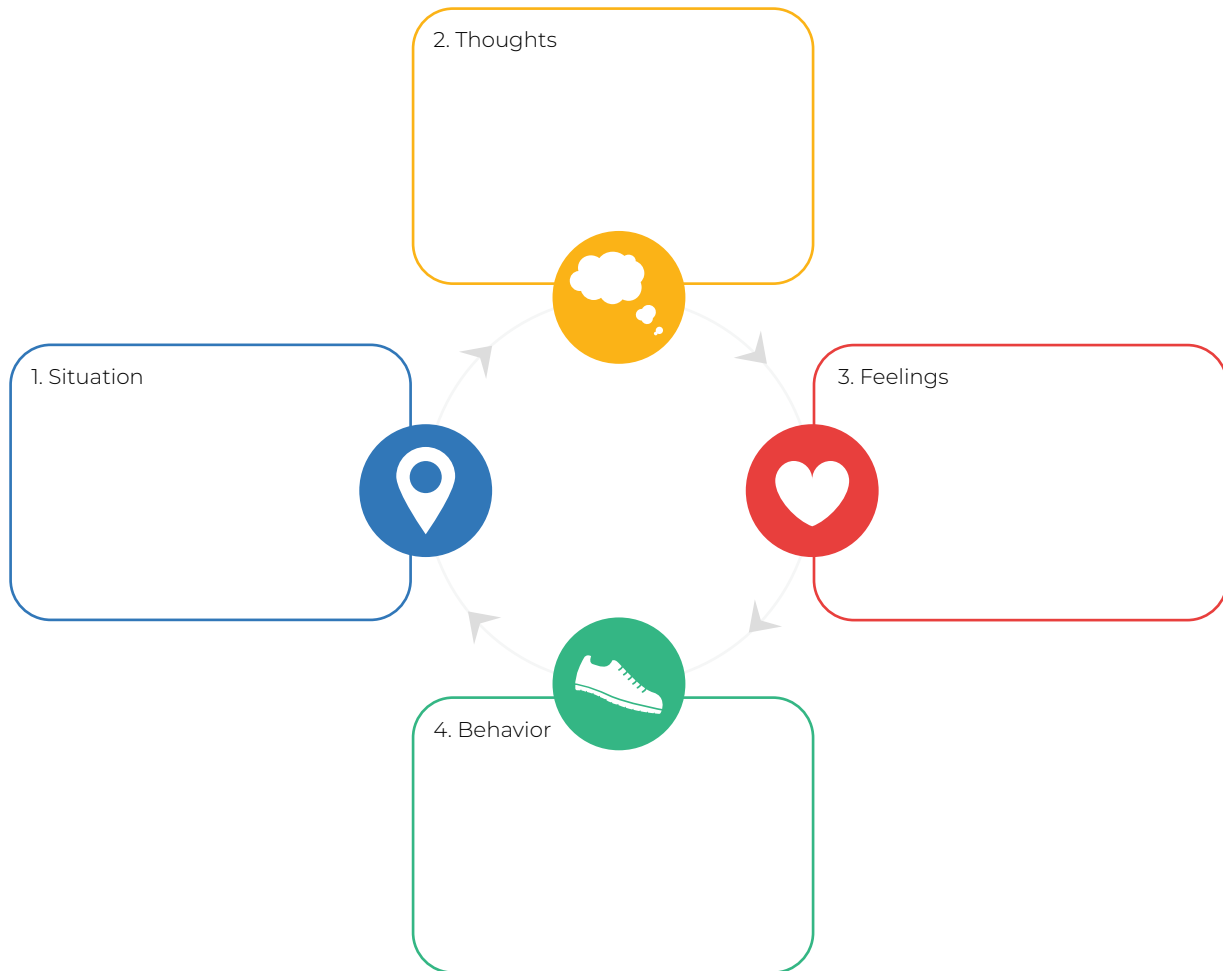


CBT Model Worksheet

Think of a situation you recently experienced that either upset you or made you feel nervous
Using the [CBT Model](#), describe what happened in your situation by filling in boxes 1-4.



Looking back on the situation now, answer the following:

1. Were your thoughts based in fact? Yes No
2. Did your behavior make the situation... Better Worse No Difference
3. What was the new situation your behavior created?
