

Name : \_\_\_\_\_

Date : \_\_\_\_\_

# COGNITIVE BEHAVIORAL THERAPY FOR STRESS

1. Situation- what happened?

2. Thoughts- what went through my mind?

3. Feelings- how did I feel?  
Emotion and Physical Thought sensations.

4. Evidence- what is the evidence  
for this thought?

5. Evidence- what is the evidence AGAINST  
this thought?

6. Perspective-after weighing up the evidence,  
what is a new, more balanced perspective?