

Cognitive Behavioural Therapy Worksheet

THOUGHT DETECTIVE

Investigate your thoughts like a real detective

Case File:

What happened? Describe the situation.

Suspect Thought:

What thought popped into your mind?

Evidence Collection:

Evidence FOR the thought	Evidence AGAINST the thought

Final Verdict:

What is a more balanced and realistic thought?

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THOUGHTS vs FACTS

Learn to tell the difference between what you think and what is actually true

Quick Explanation!

- Thoughts = what you believe or assume
- Facts = what can be proven true

Sort the Statements: Read each statement. Decide if it is a THOUGHT or a FACT.

Statement	Thoughts	Facts
Nobody likes me at school.	☐	☐
I will definitely fail this exam.	☐	☐
My friend didn't reply to my message.	☐	☐
Everyone thinks I am boring.	☐	☐
I always mess things up.	☐	☐
They ignored me on purpose.	☐	☐
I finished my work before dinner.	☐	☐
The teacher gave homework today.	☐	☐

Name: _____

Date: _____

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THOUGHT → FEELING → BEHAVIOR

Understand how your thoughts affect your emotions and actions

How it works:

A situation leads to a thought. That thought creates a feeling. The feeling influences what you do.

Main Flow Chain: Fill in each step to understand your reaction.

SITUATION

THOUGHT

FEELING

BEHAVIOUR

FEELING

Change the Outcome:

If you change your thought, how could the outcome be different?

THOUGHT

FEELING

BEHAVIOUR

Name: _____

Date: _____

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CHANGE YOUR SELF-TALK

Turn negative thoughts into balanced and helpful ones!

Reframing Table:

Read each negative thought and rewrite it in a more balanced way.

NEGATIVE THOUGHT	BETTER THOUGHT
I am not good at anything.	
Everyone is better than me.	
I look terrible today.	
I never do anything right.	
Nobody understands me.	

Your Turn: Write your own negative thought and reframe it.

Negative Thought: _____

Better Thought: _____

Reflect: How does changing your thoughts change how you feel?

Name: _____

Date: _____

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SOCIAL MEDIA REALITY CHECK

Quick Idea:

What you see online is often edited, filtered, or only part of the story.

Main Analysis:

Think about something you saw on social media and reflect on it.

What I saw?	What I thought?
What could be true?	How it made me feel?

Reality Check:

Is this the full story?

Am I comparing unfairly?

Healthy Response:

My Response:
--

Name: _____

Date: _____

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WHAT COULD HAPPEN?

Explore different possibilities before jumping to conclusions!

Situation:

What are you worried about?

Three Outcomes:

Worst Case	Most Likely	Best Case

Reality Check:

- Which outcome do I usually focus on?

- Is that realistic?

- What should I focus on instead?

My Plan:

What can I do to handle this situation better?

Name:

Date:

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FUTURE CHECK

Pause and think : Will it matter later?

Right Now:

What are you worried about? _____

1 Week Later:

How important this will be? _____

1 Month Later

Will it still matter?

Not so much : Some : A lot

1 Year Later

Will it still matter?

Not so much : Some : A lot

What I Notice

What do i realise after
thinking ahead?

What I Can Do Now

What is one helpful step i
can take?

Name: _____

Date: _____

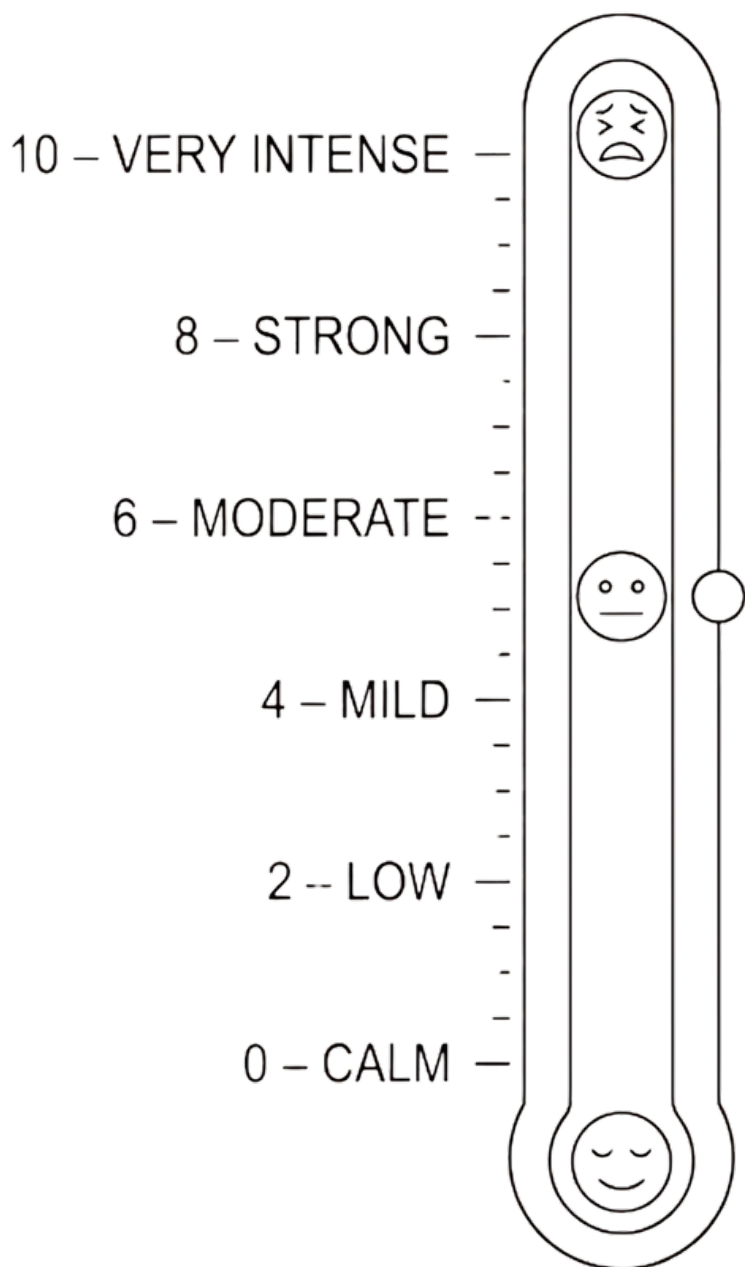
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EMOTION INTENSITY METER

Track how strong your feelings are and what affects them?

What happened?

Describe the situation _____



What I Felt?

Name the emotion _____

What Affected My Feelings?

What thoughts or events changed the intensity?

After Calming Down

What helped me feel better?

Next Time Plan

What can i do if i feel this way again?

Name: _____

Date: _____

Cognitive Behavioural Therapy Worksheet

Draw Your Thought

Turn your thoughts into drawings and reshape them!

My Thought

Draw or sketch your negative thoughts



A Better Version

Redraw it in a more positive way



Think About It:

What changed in your drawing? _____

My New Thoughts:

Write your new more helpful thoughts? _____

Next Time:

What can you do when this thought comes back? _____

Name: _____

Date: _____