

Introduction to CBT

Cognitive Behavioural Therapy (CBT) is a problem solving based therapy that focuses on identifying and altering negative thought patterns and beliefs.

CBT works on the notion that our thoughts towards a situation are the problem, and not the situation itself. By using logical solutions to alter irrational and emotional response we can change your feelings and behaviours towards a particular situation.

The packs you have been supplied with are designed to help identify your negative thought patterns and irrational response, then redesign them to change your thought process towards the situation.

The worksheets need to be completed in the following order, either on your own or with your counsellor and then discussed with your counsellor.

(All questions on the ABC Model have to be answered in detail and honestly).

FILL OUT the “Anxiety Model” page

At section “Unhelpful Thinking Style” Use the below worksheet to find the one that relates to you

READ the “Challenging Negative Thinking Styles”

By challenging our thoughts and beliefs, we can change our feelings and behaviours

CBT Anxiety Model

Situation	Emotions / Moods (rate 0 – 100%)	Physical sensations and reactions

Unhelpful Thinking Style	Alternative / realistic thought More balanced perspective	What I did / What I could do Re-rate Emotion 0-100%

