

<p>SITUATION</p> <hr/> <hr/>	
<p>FEELINGS</p> <p>How did you feel in this situation?</p> <hr/> <hr/> <hr/>	<p>Rate your mood on a scale of 0-10 (0 = feeling miserable, 10 = feeling ok)</p>
<p>What were you thinking in this situation?</p> <p>Immediate thoughts</p> <p>↓</p> <p>Dig deeper</p> <p>↓</p> <p>Core belief</p> <p>↓</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>FEELINGS</p> <p>How did you feel after the rebuttal?</p> <hr/> <hr/> <hr/> <hr/>	<p>Rate your mood on a scale of 0-10 (0 = feeling miserable, 10 = feeling ok)</p>

Figure 4. Cognitive therapy worksheet¹⁹
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