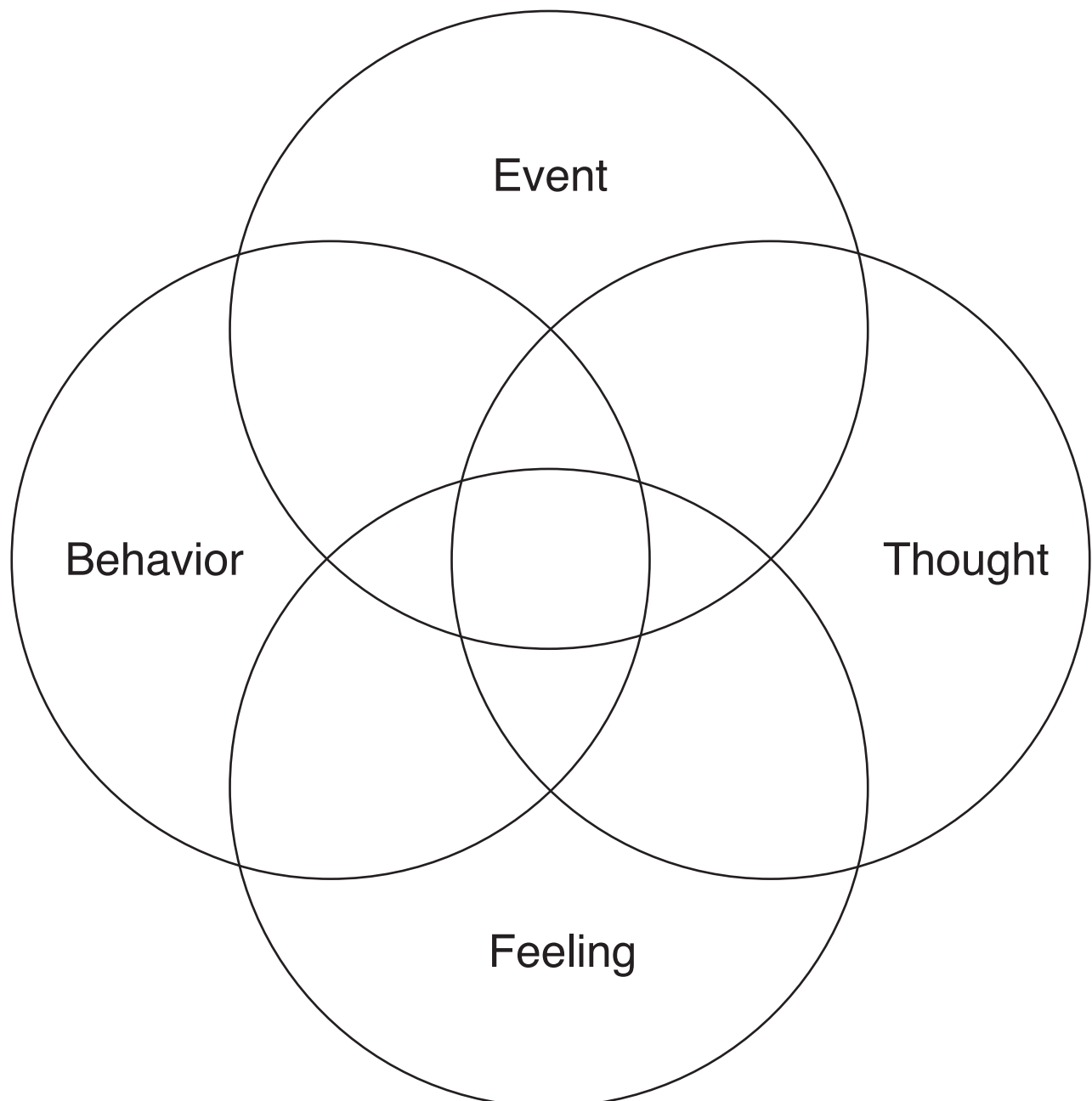


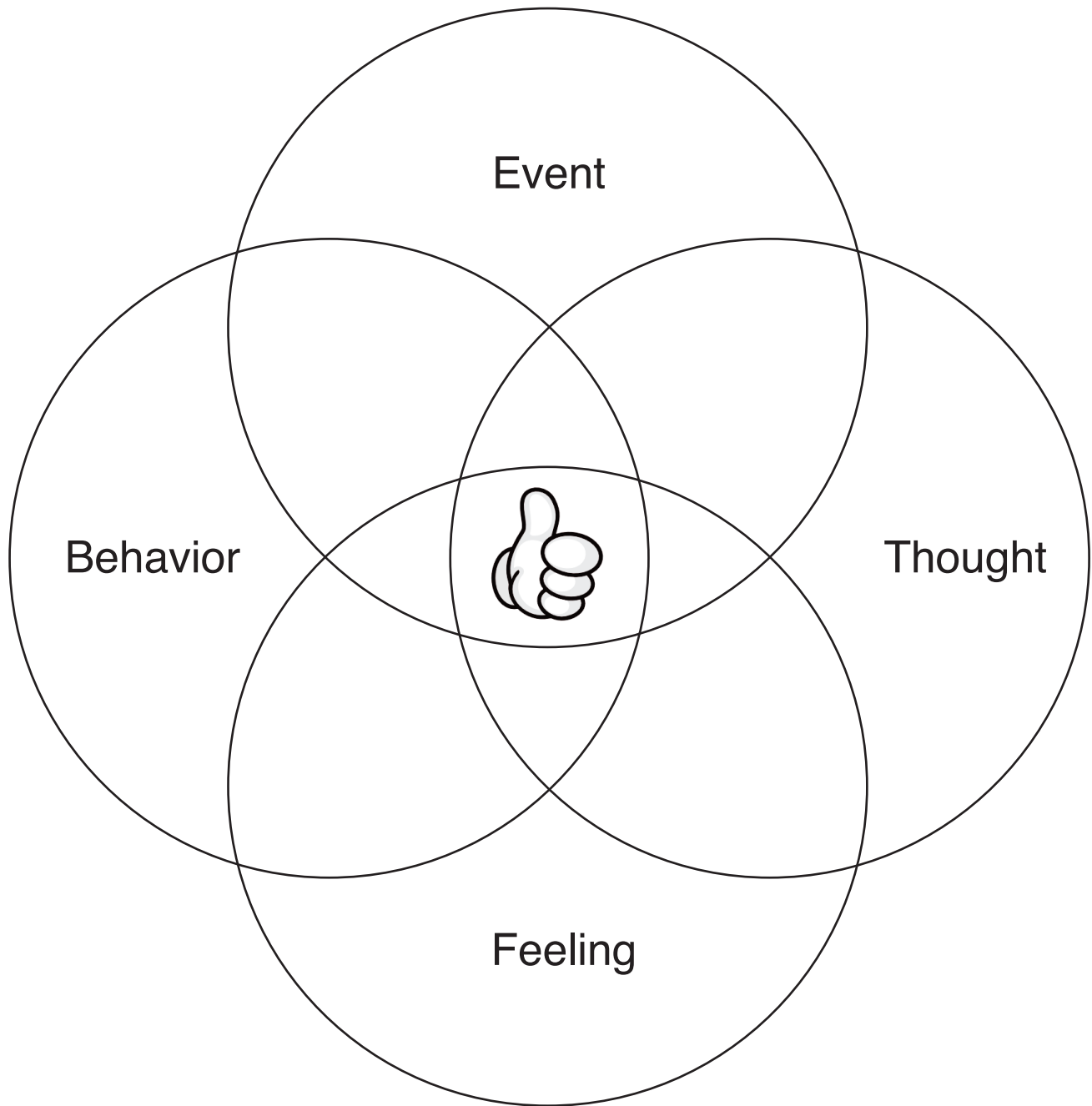
CBT 123™ v2.0 Worksheet

Once you're done playing, use the opportunity to talk more about CBT. Have each player choose one #1 card from the deck. Print one set of worksheets per player.

- Look at your #1 card. Is it a feeling, thought, and/or behavior? Think of an example for the card. Write it where it fits in the circle below
- What can you write to fill in in the rest of the circles?
 - Event: What happened? What started everything?
 - What did you think after the event?
 - After you thought about it, how did you feel?
 - What did you do? (Behavior)
- Look at how the circles are attached in the middle. Optional: color in each each section a different color, and talk about how they interact in the middle.



Now, imagine if one of the sections changed! Change any section you want first. How do you think it would affect the other sections? Fill them in.



Congratulations! You are learning how to take control of your thoughts, feelings, and behaviors.

Using this fresh worksheet, fill in the three areas you have control over: thoughts, feelings and behavior. Write down healthy examples in each section about how you would like to be. Get creative, draw a picture in the section. To get started:

1. **What actions do you like in other people? How do you like to be?** This may help you fill in the behavior section

2. **What feelings do you like to have? When you are around other people, what feelings do you like them to have?** This may help you fill in the feelings section.

3. **What are you thinking when you do a good job?** This may help you fill in the thoughts section

