

# CBT WORKSHEET COLLECTION

**5 Must-Have CBT Worksheets**

**John Ludgate, Ph.D.**

*Effective and practical  
printable tools for use  
with your clients!*



## CBT WORKSHEET 1

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### **PROBLEM SOLVING**

A range of clients can benefit from effective problem solving including clients who are anxious, depressed and dependent.

#### **How to Use with Clients**

To use the Problem Solving worksheet with clients, begin with a demonstration of the steps using a hypothetical situation. Then encourage your clients to use this worksheet with a personal problem as you prompt them through each step.

#### **Worksheet Goal**

This worksheet handout will remind clients of the steps involved in problem solving, and they can use it to develop possible solutions, evaluate each of the options, and select a solution for each problem experienced.

# PROBLEM SOLVING

**What is the problem I want to solve?**

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**What is my goal?**

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**What are the different options open to me?**

Pros

Cons

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7.	<hr/>	<hr/>	<hr/>
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**What are the pros and cons of each?** (beside the listed solution write in pros and cons)

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**Which has the most promise?** 

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**Review the outcome after you have tried it.** 

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## CBT WORKSHEET 2

### **REFLECTION ON MY DAY**

Clients who have low self-esteem or tend to see everything negatively may be filtering out the positive in their lives. The Reflections on My Day worksheet can help clients focus on the positive aspects of their lives.

#### **How to Use with Clients**

Ask clients to answer the three questions on the worksheet, and encourage them to complete this every night before they go to sleep to end the day on a positive note.

#### **Worksheet Goal**

This worksheet handout will help clients reflect on the positive aspects of their day, to build their self-esteem, create gratitude, and gain a sense of achievement and positive anticipation of the immediate future.



## REFLECTION ON My DAY

**What am I grateful for today (good things that happened or were in my life today)?**

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**What did I accomplish today/what am I proud of myself for today?**

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**What am I looking forward to tomorrow/anticipating with pleasure/happiness?**

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## CBT WORKSHEET 3

### **No Change / Change**

At the beginning of therapy or when treatment is at an impasse, it is helpful to use motivational enhancement tools adapted from Motivational Interviewing (Miller & Rollnick, 2014), to help assess how clients see change in terms of pros and cons.

#### **How to Use with Clients**

To use the No Change/Change worksheets with clients, begin by asking your clients about the benefits of continuing their present behavior in a non-judgmental way. You will then move to the costs associated with the present behavior.

Next, ask your clients about the costs they perceive with changing, modifying or stopping their present behavior. You will then move on to the perceived benefits associated with changing, modifying or stopping the behavior.

Have your clients review their responses on the pages and indicate which are the most important factors with a symbol.

#### **Worksheet Goal**

This worksheet handout will illustrate the kind of discrepancies that exists between the benefits and costs of a particular behavior. This illustration will help clients consider the possibility of change.

When clients indicate which factors are most important to them, you'll be able to ascertain what is of value to the client and this can help with creating motivation to change.

## No CHANGE \ CONTINUING TO \_\_\_\_\_

### Benefits

*What is good about it? How does it help?*

### Costs

*What is bad? How does it hinder me?*


**Now go back over the items on each side  
and indicate with a \* or other symbol  
those which are especially important to you.**



## CHANGE \ MODIFYING OR STOPPING \_\_\_\_\_

### Costs

*What would be hard? What would be the disadvantages or downside?*

### Benefits

*What do I stand to gain. What would be the advantages or upside?*


## CBT WORKSHEET 4

### **NEED FOR CHANGE QUESTIONNAIRE**

Based on the stages of change or Transtheoretical Model (Prochaska & Di Clemente, 1984), this brief questionnaire can be used to assess how clients feel about change.

#### **How to Use with Clients**

Each statement on the Need for Change Questionnaire corresponds to a stage of change. To use the questionnaire worksheet with clients, ask your clients to select the statement that best aligns with their feelings about the life change. Invite clients to share comments on their answer.

This questionnaire can be repeated later to see if your client's perception of the need for change has changed.

#### **Worksheet Goal**

As clients move through the stages of change, this questionnaire worksheet will illustrate current feelings and attitudes, so you can identify which clinical strategies will help move them towards their ideal stage of behavior.

## NEED FOR CHANGE QUESTIONNAIRE

Please indicate honestly which of the statements below best describes your attitude toward or feeling about making this change in your life at this time

\_\_\_\_\_ **I don't need to. Nothing is wrong.**

\_\_\_\_\_ **Maybe I need to but I am uncertain.**

\_\_\_\_\_ **I need to and am considering how to.**

\_\_\_\_\_ **I have started making some changes.**

\_\_\_\_\_ **I am keeping the changes I have made going.**

If you have any comments or wish to elaborate on what you answered above please write it below.

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## CBT WORKSHEET 5

### **REHEARSED EMERGENCY PLAN**

At the end of therapy, it is helpful to assist clients, particularly high risk groups like Major Depression and Substance Abuse, with a plan for dealing with difficult situations.

#### **How to Use with Clients**

Encourage your clients to fill in a number of options for each of the four categories listed on the Rehearsed Emergency Plan worksheet to develop their individual plan for dealing with tough situations or setbacks. As you work with your clients to complete the form, advise them to keep the form readily available from this session onwards. In the event of a setback, clients are encouraged to engage in these activities going through each category sequentially.

#### **Worksheet Goal**

This worksheet handout is a tool that can be completed with clients to help them illustrate, practice and rehearse strategies they could use in the event of a real-life setback.

# REHEARSED EMERGENCY PLAN

## What is my plan to deal with a tough situation which I cannot necessarily change?

List everything you can think of in 4 categories: things I can do on my own, people I can contact without revealing my issues, people I can reach out to, professional contacts.

### 1. Things I can do alone (anything that has ever worked for me or could potentially work)

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### 2. People I can make contact with and what we can talk about\do

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### 3. People I can reach out to and what I can reveal to them\ask of them

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### 4. Professionals or professional responders I can contact

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