

Simple CBT Worksheets

These worksheets are designed to be used with the CBT Mind Traveler and a number of free CBT materials available free on the website: <http://bit.ly/10rc92r>. Here is the link to the part of the website where these worksheets can be downloaded and where further explanation can be found: <http://bit.ly/1103OIS>

The worksheet sets are provided in different emotion categories, depending upon which upsetting emotion you are emphasizing in your work. It is often best to use the worksheet set that allows the child to fill in the name of the emotion (figure 1, shown below). When completing the worksheets with children, I suggest you “skip around” rather than methodically plodding through every page each time you are working on an upsetting emotion.

On the next page, you can view examples of some of the other worksheet sets which categorize the emotion specifically.

Name: Calvin

When I felt UPSET

1. I felt upset when they changed the schedule at school on Monday

Draw what your face looked like

(A large outline of a face is shown with a yellow pencil pointing to it.)

autismteachingstrategies.com

Figure 1

Created by Joel Shaul, LCSW

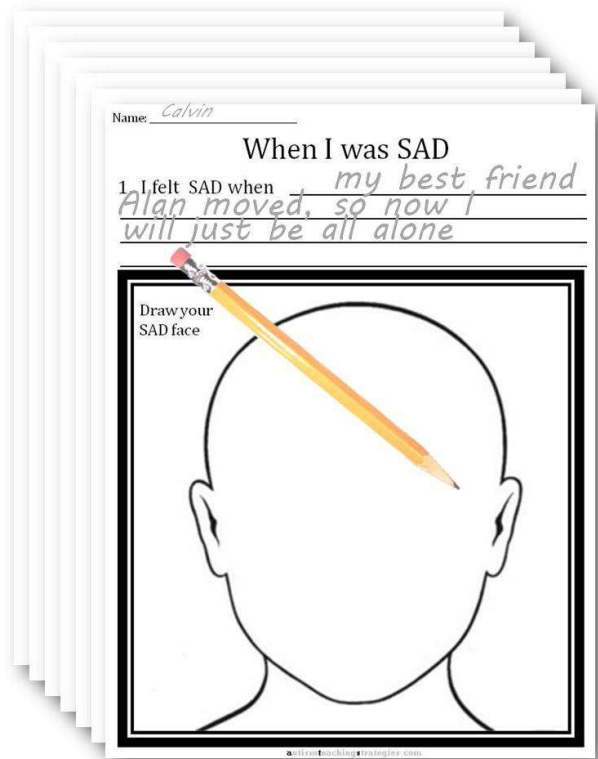
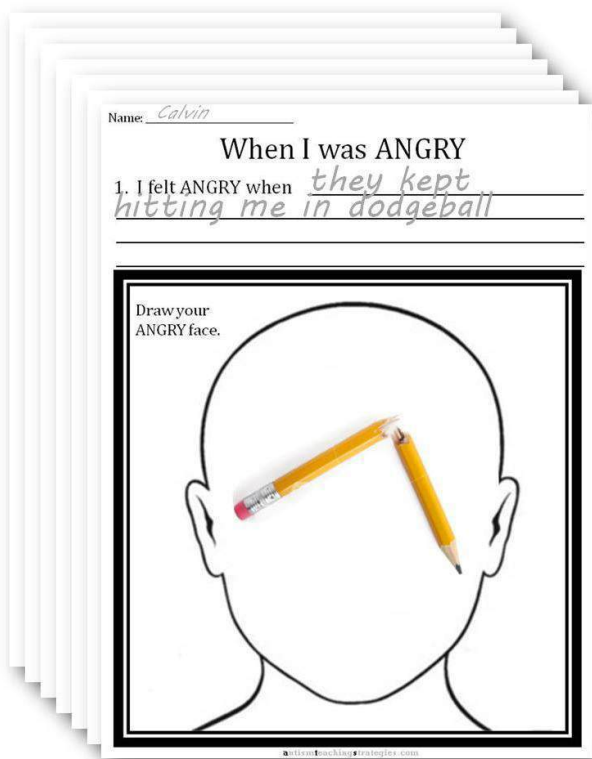
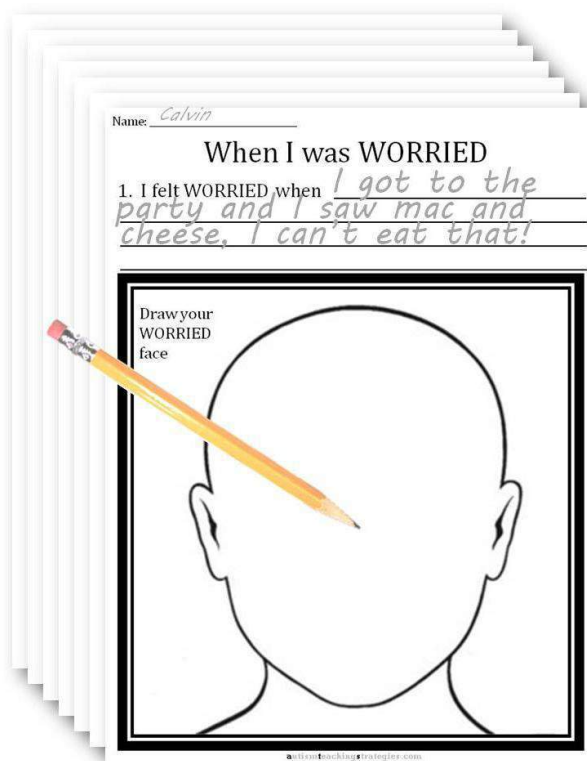
Name: Calvin

2. When I felt upset, these thoughts raced through my head:

(Thought bubbles contain the following text: "I can't deal with changes in the schedule", "This is gonna make me flunk my math test", and "They changed the schedule just to confuse me".)

(A small outline of a face is shown at the bottom left.)

autismteachingstrategies.com



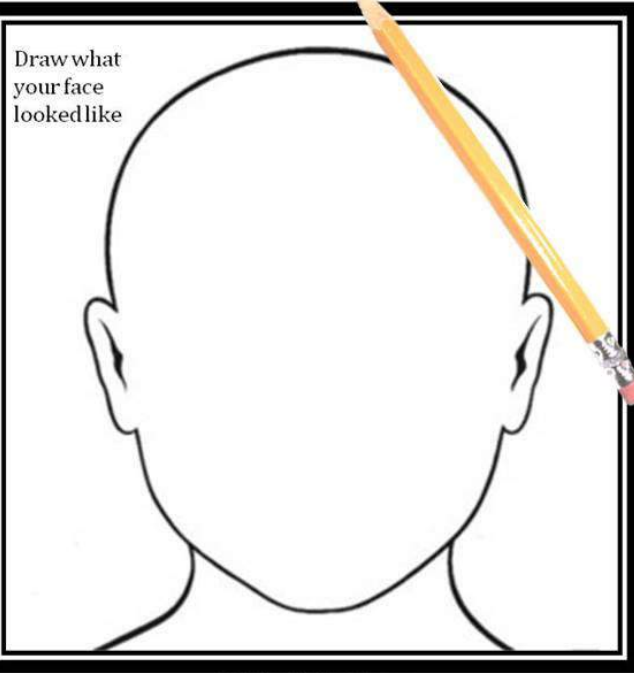
Set of worksheets with the emotion left blank to be filled in

Name: Calvin

When I felt UPSET

1. I felt upset when they
changed the schedule at
school on Monday

Draw what
your face
looked like



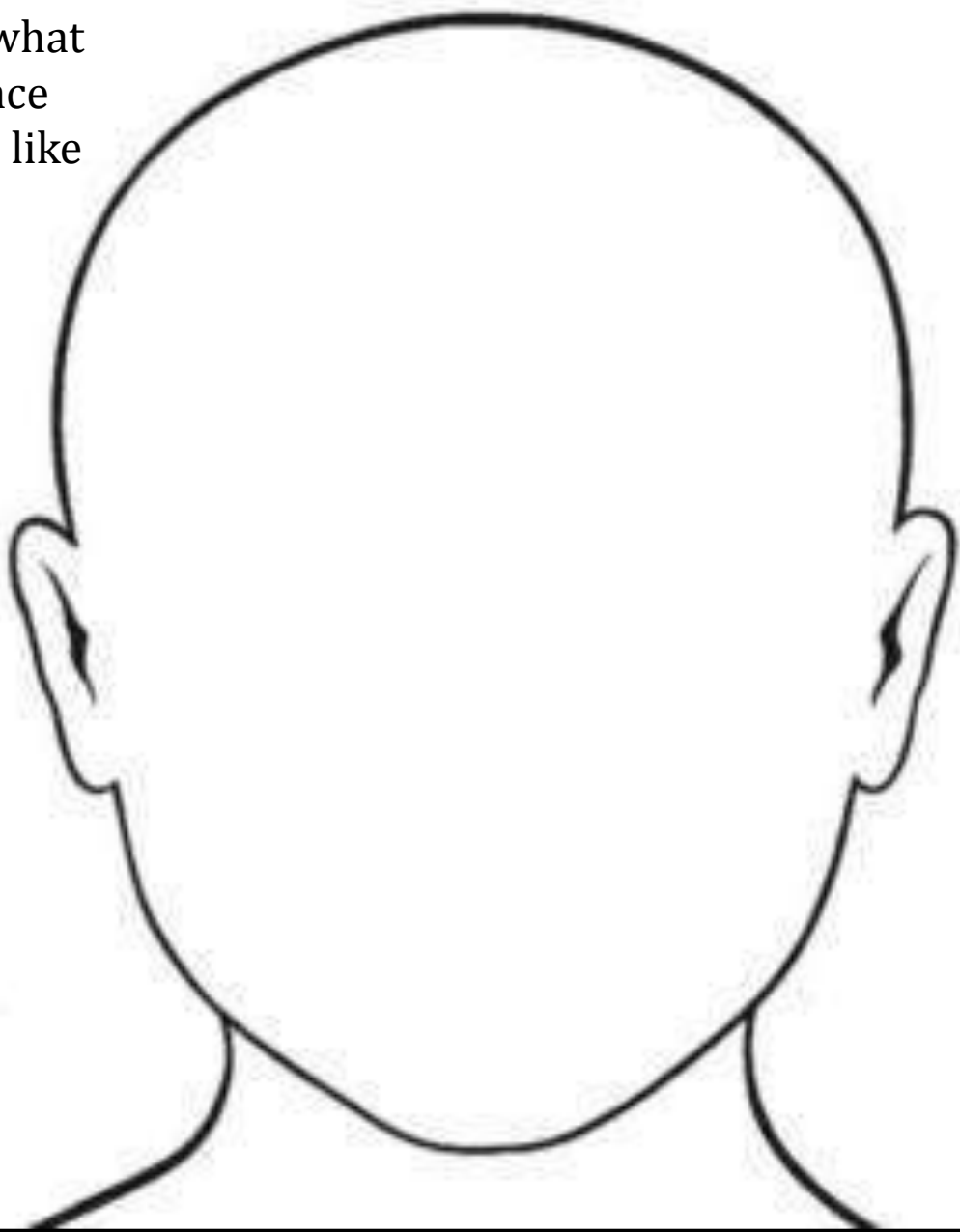
autismteachingstrategies.com

Name: _____

When I felt _____

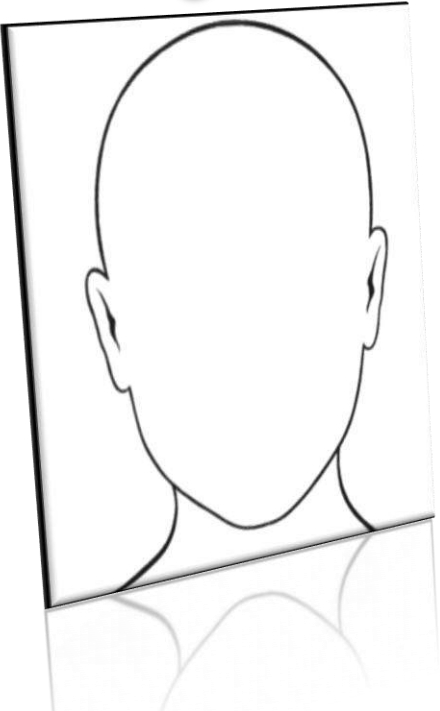
1. I felt _____ when _____

Draw what
your face
looked like



Name: _____

2. When I felt _____, these thoughts raced through my head:

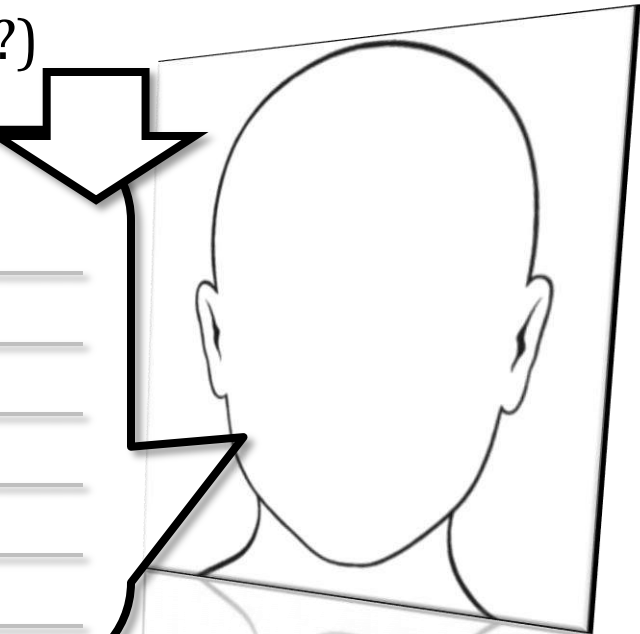


Name: _____

3. When I felt _____, I *DID* these things:

4. While I felt _____ here is what I SAID.

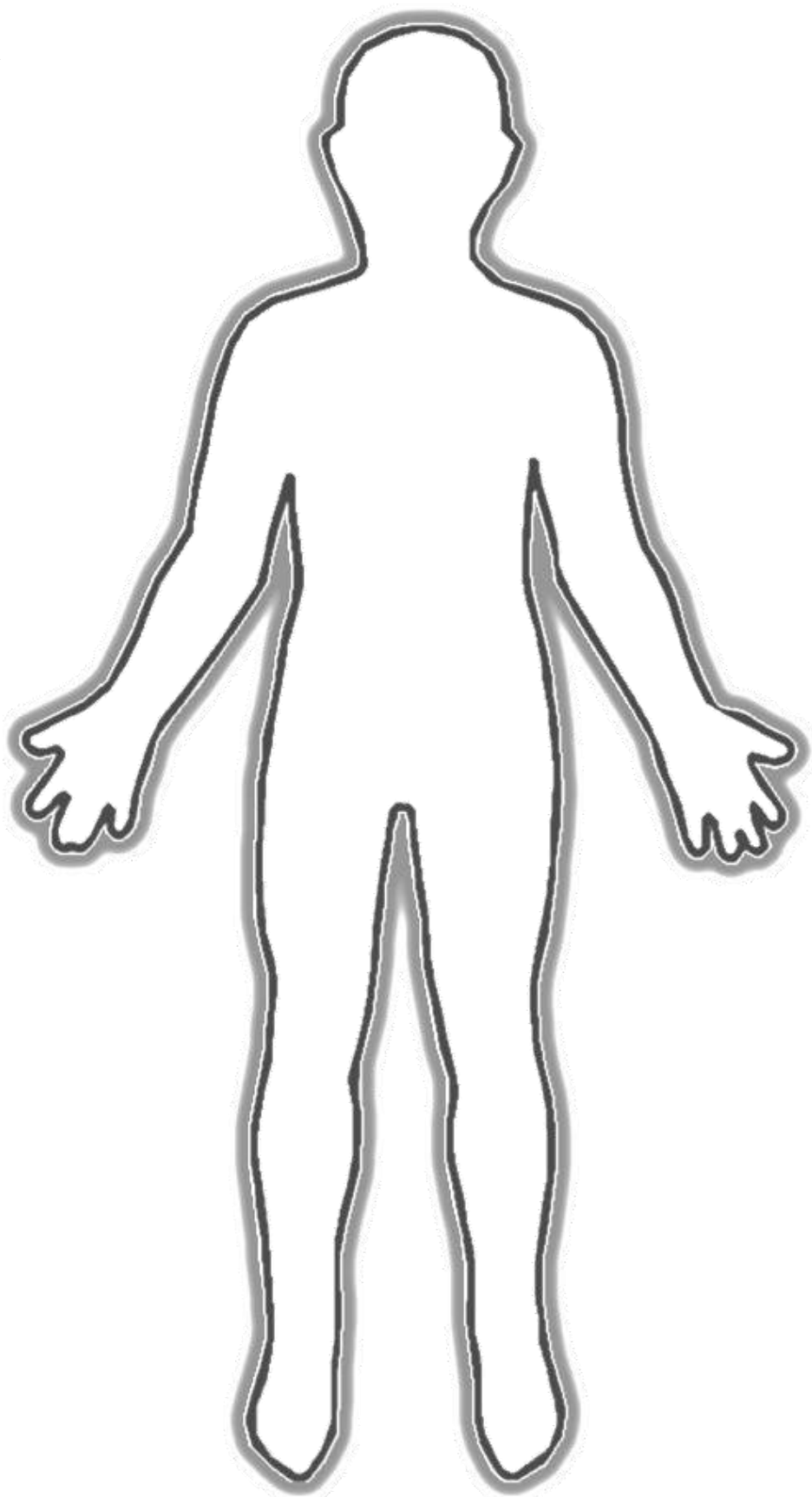
(Did it make it worse, or better?)



Name: _____

5. People can get upset in their bodies.

Put an X on the places that felt bad or different when you were upset.



Name: _____

How to deal with it when I feel

6. To fight the upsetting thoughts, I could have tried these thoughts instead:

The worksheet features three large, cloud-shaped thought bubbles, each containing five horizontal lines for writing. The bubbles are connected to a simple line drawing of a person's head and shoulders by a series of small circles of varying sizes. The person's head is tilted slightly to the left. The entire drawing is enclosed in a rectangular frame.

Name: _____

7. When I felt _____, here
are some better things I could have SAID:

To get help:

To let someone know
how I feel:

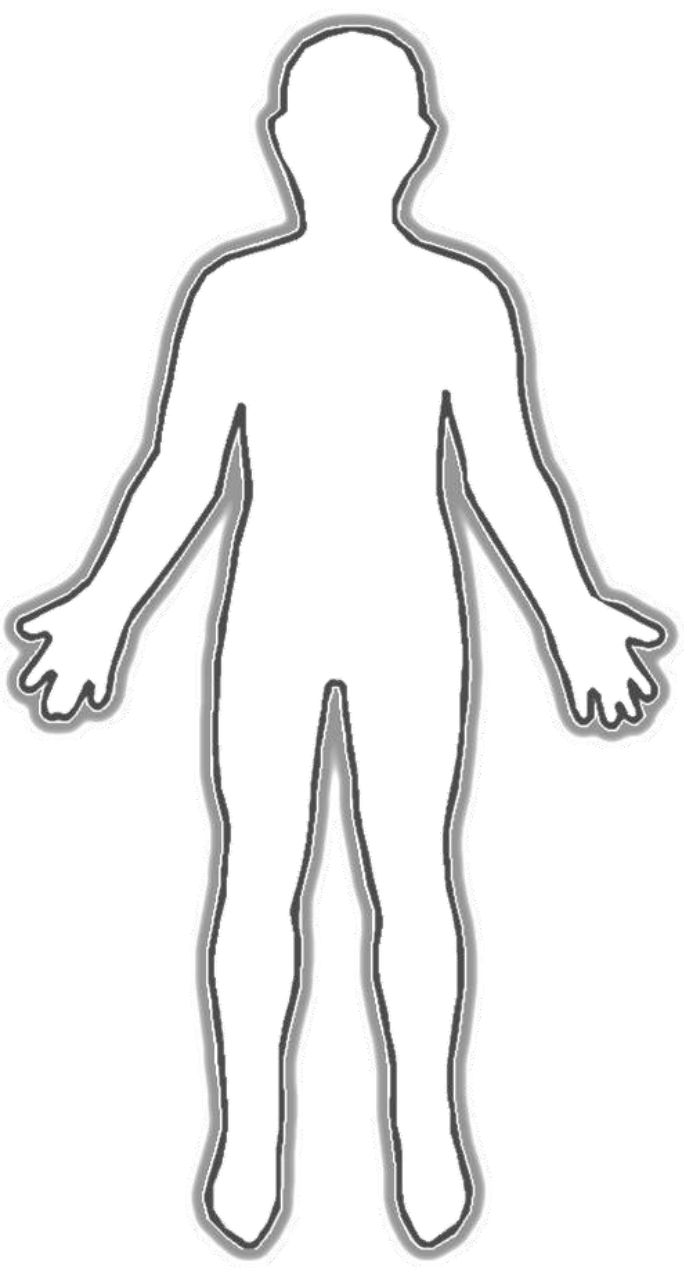
8. Something better I could have
DONE when I was upset:



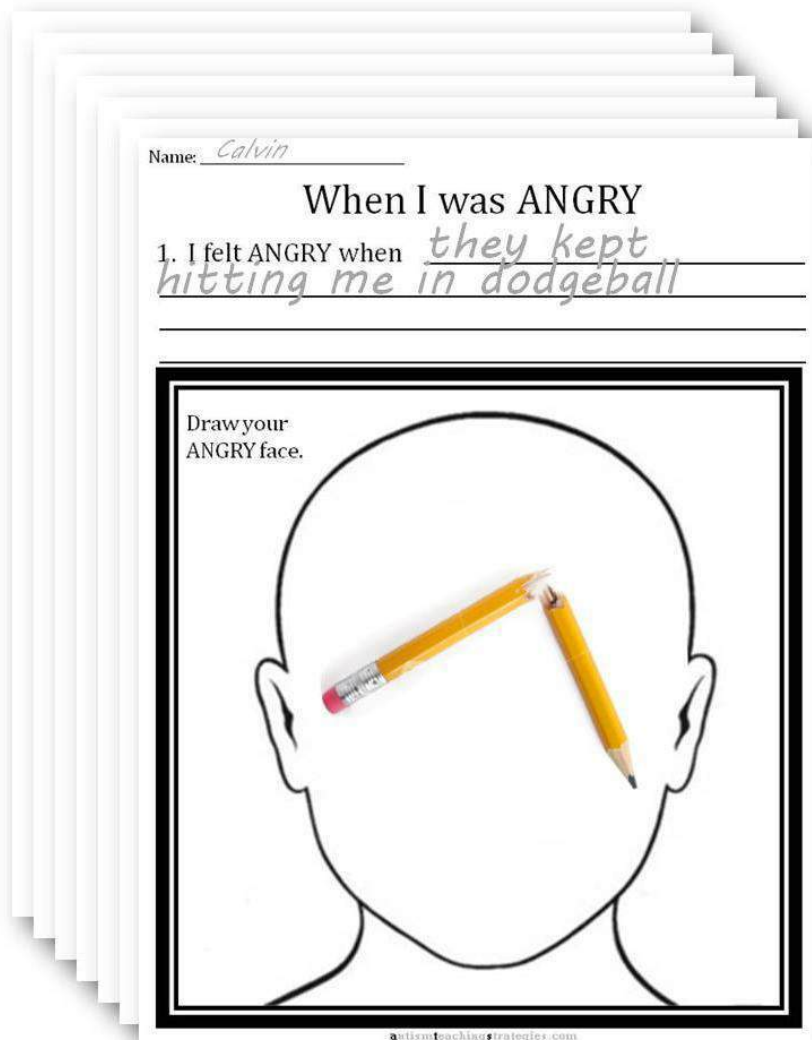
Name: _____

9. Sometimes people can calm down their bodies when they are upset.

Think about the time you were upset. What things could you have done to calm down your body?



Set of worksheets emphasizing the emotion of anger

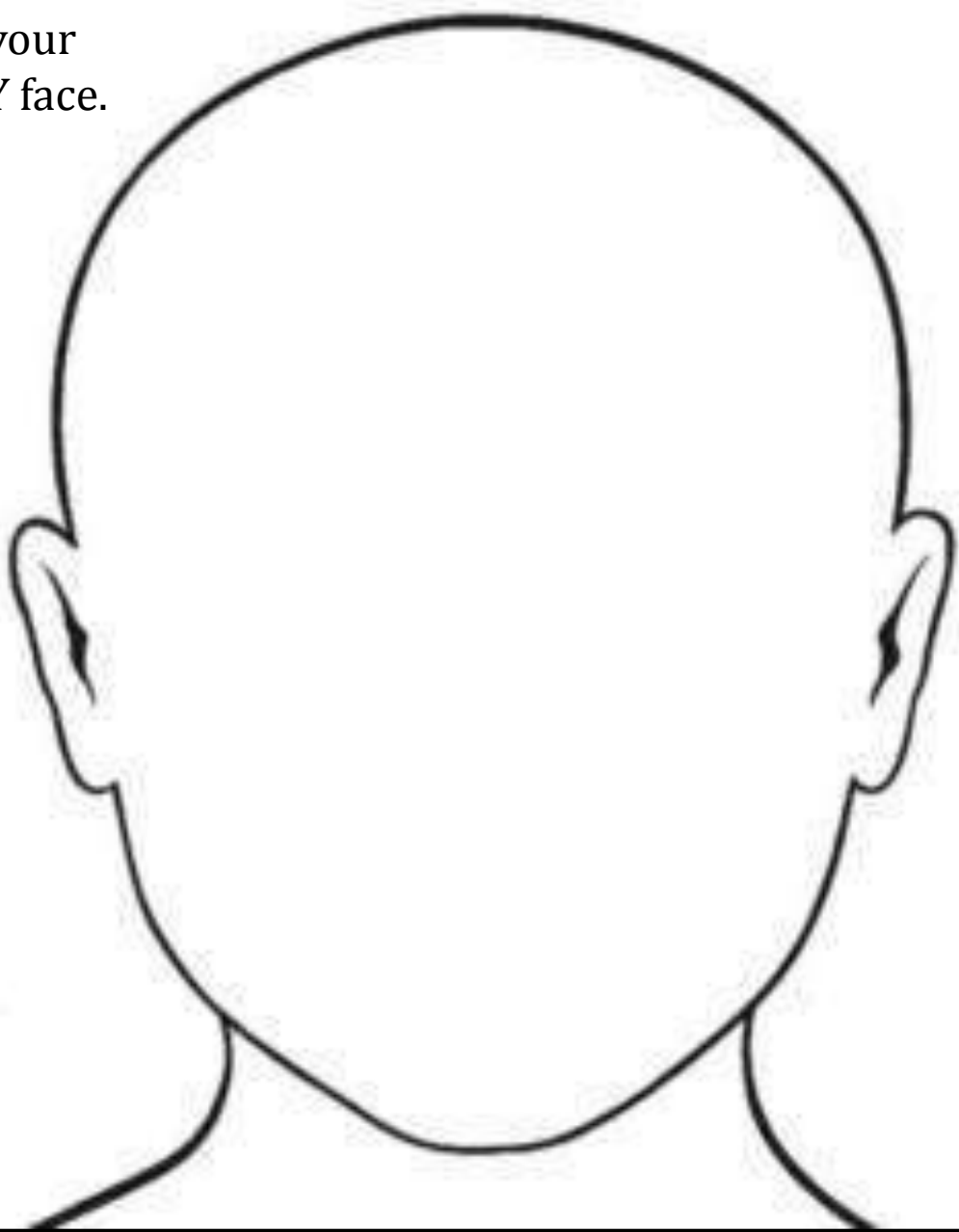


Name: _____

When I was ANGRY

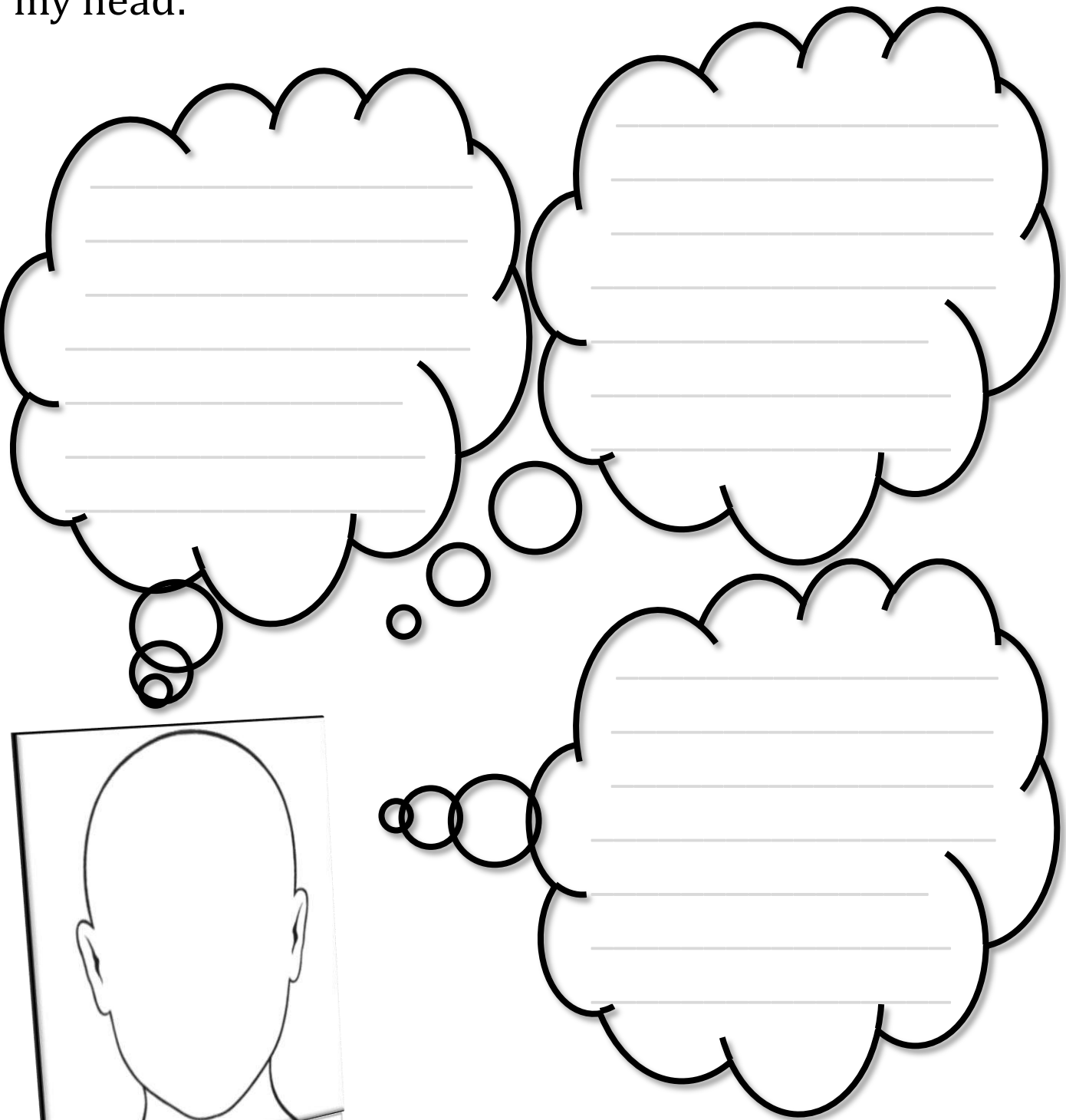
1. I felt ANGRY when _____

Draw your
ANGRY face.



Name: _____

2. When I felt ANGRY, these thoughts raced through my head:

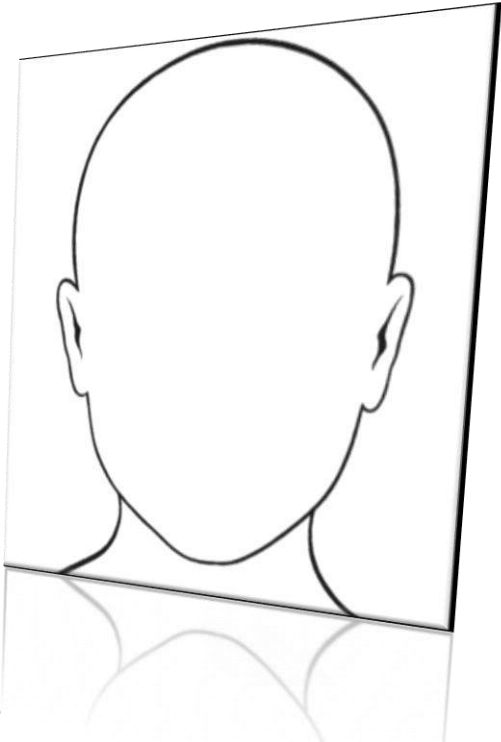


The form contains three large, cloud-shaped thought bubbles, each with five horizontal lines for writing. The bubbles are connected by small circles. In the bottom left corner, there is a simple line drawing of a person's head and shoulders, tilted slightly to the right, intended for the user to draw or write about their feelings.

Name: _____

3. When I felt ANGRY, I SAID these things:

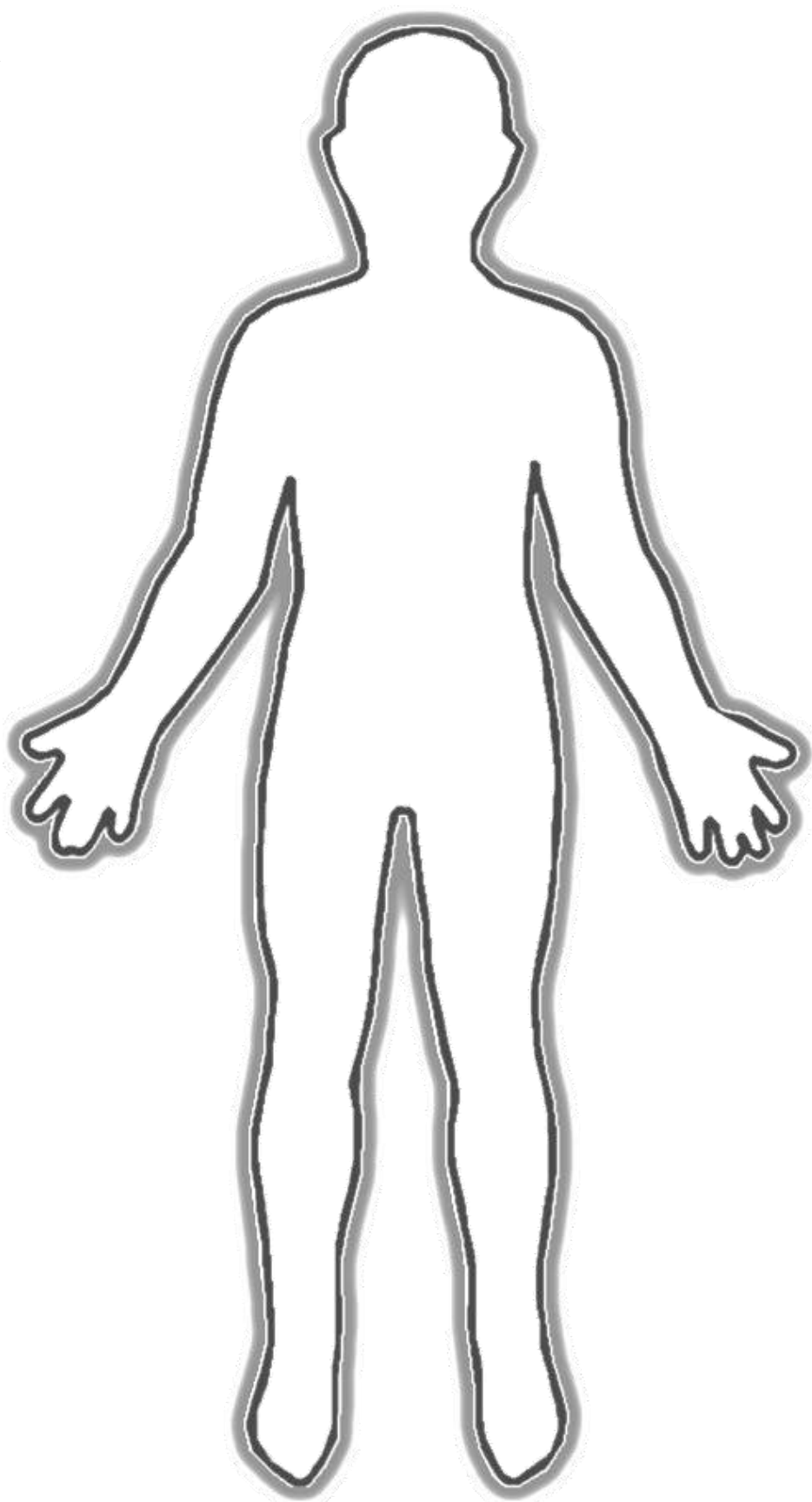
4. When I got
angry, I did
this



Name: _____

5. People can get upset in their bodies.

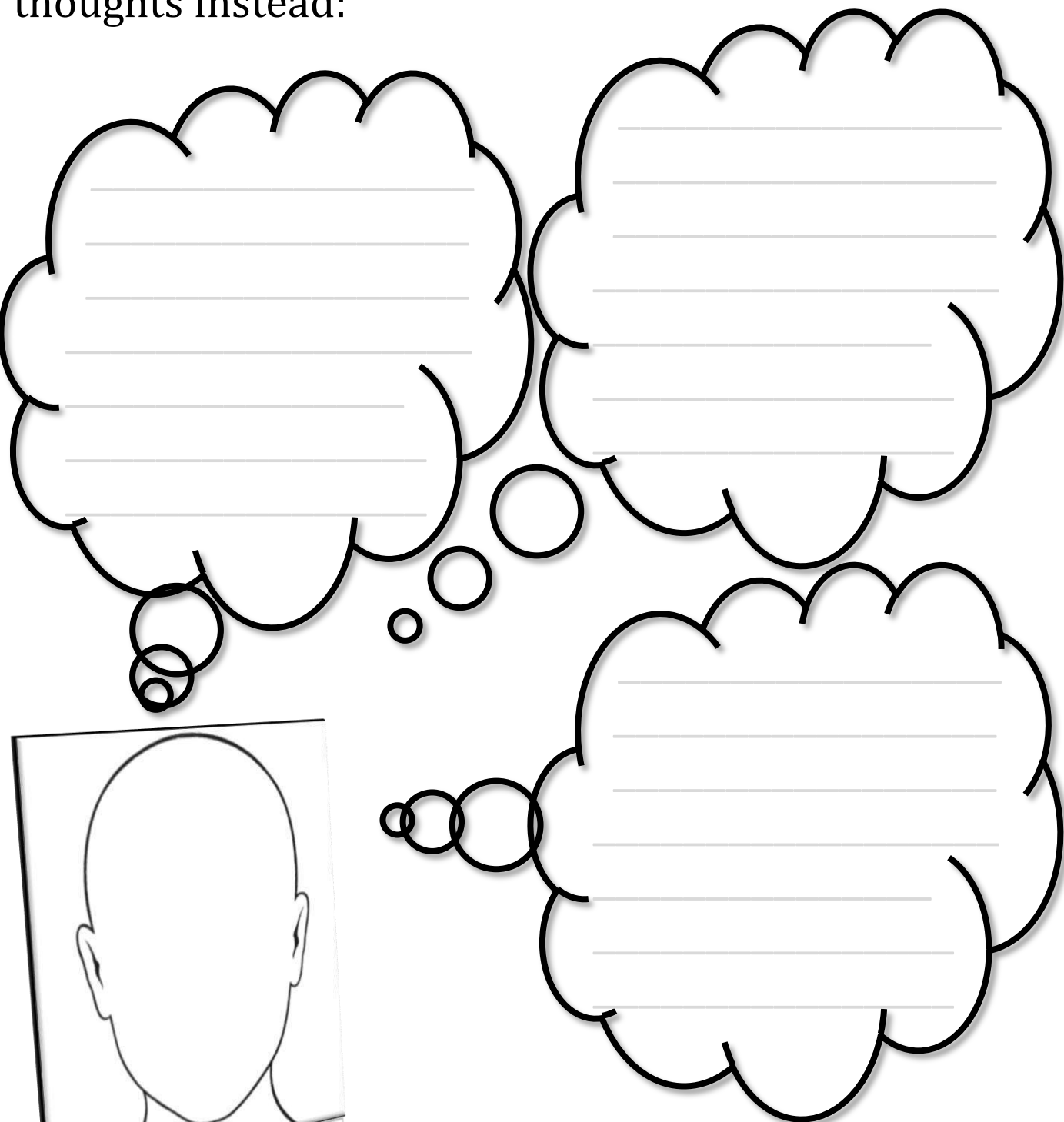
Put an X on the places that felt bad or different when you were angry.



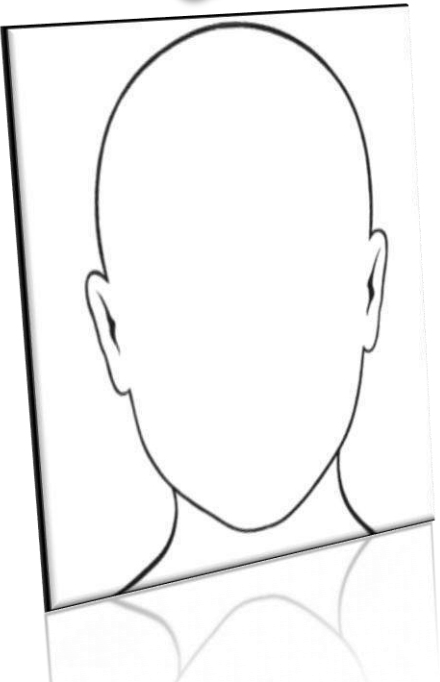
Name: _____

Dealing with my anger

6. To fight the angry thoughts, I could have tried these thoughts instead:



Three large, cloud-shaped thought bubbles are arranged on the page. Each bubble contains five horizontal lines for writing. The bubbles are connected by small circles, suggesting a flow of thought. The top-left bubble is connected to the top-right bubble, and the top-right bubble is connected to the bottom-right bubble. The bottom-left bubble is also connected to the top-left bubble.



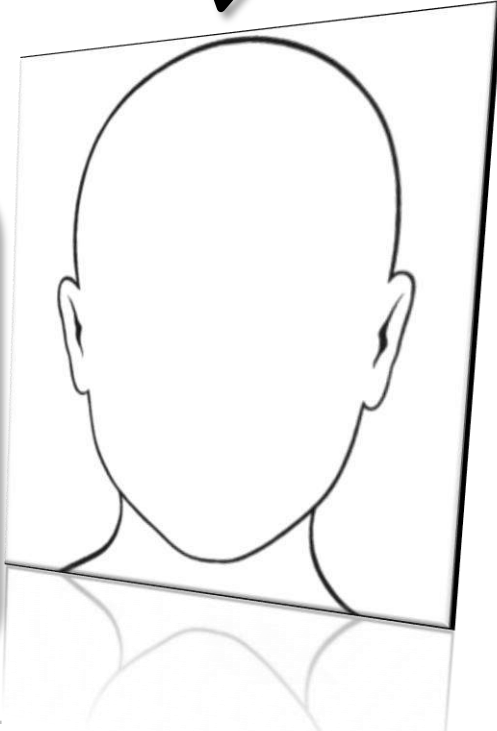
Name: _____

7. Here are better things I could have *SAID* when I was angry.

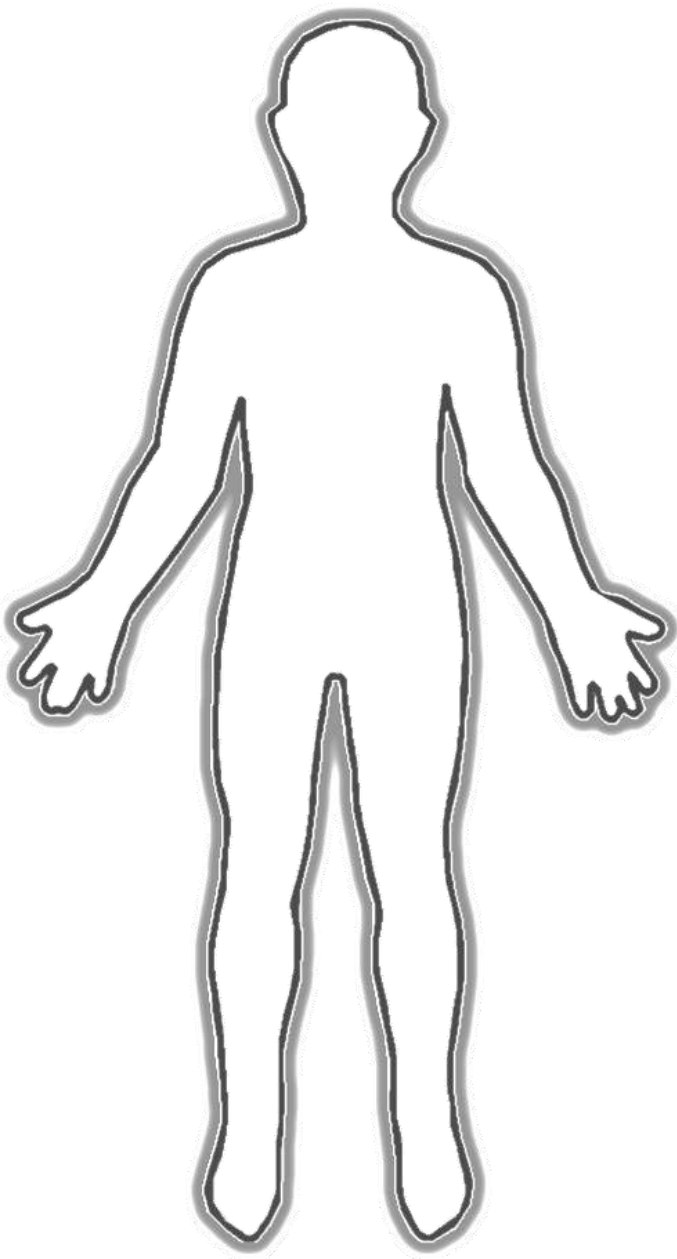
To get help:

To let someone know
how I feel:

8. Something better I could have *DONE* when I was angry:



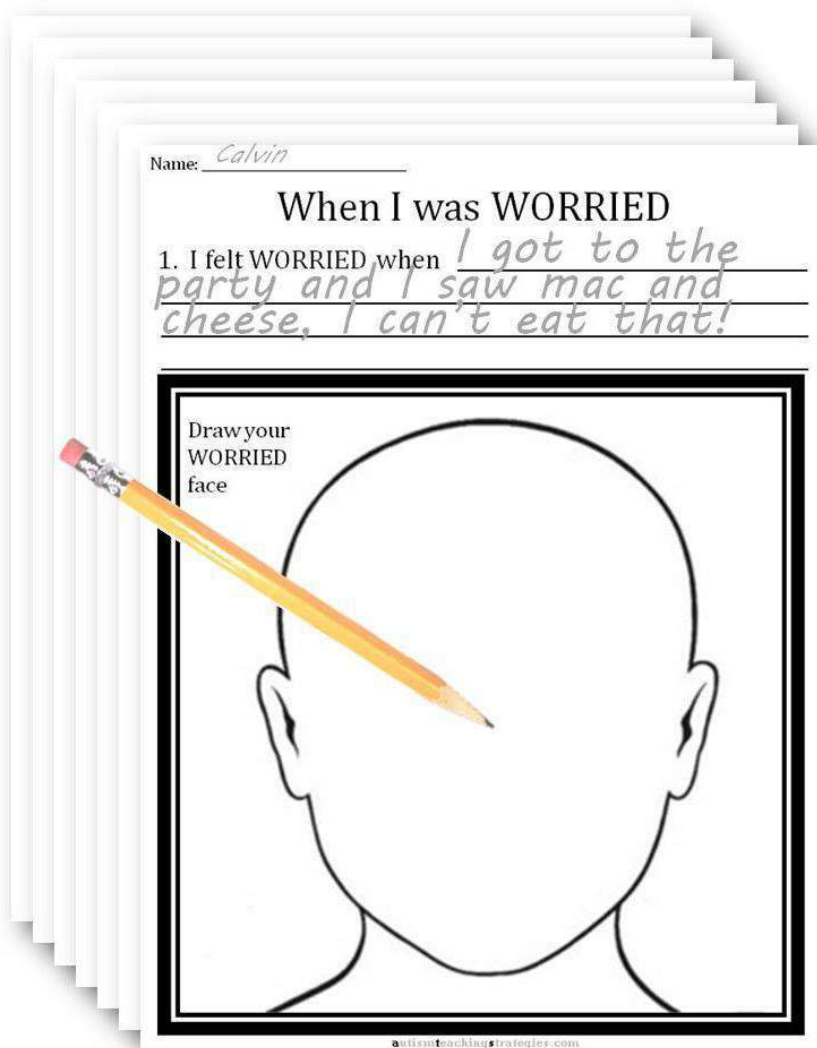
Name: _____



9. Sometimes people can calm down their bodies when they are upset.

Think about the time you were angry. What things could you have done to calm down your body when you were angry?

Set of worksheets emphasizing the emotion of anxiety

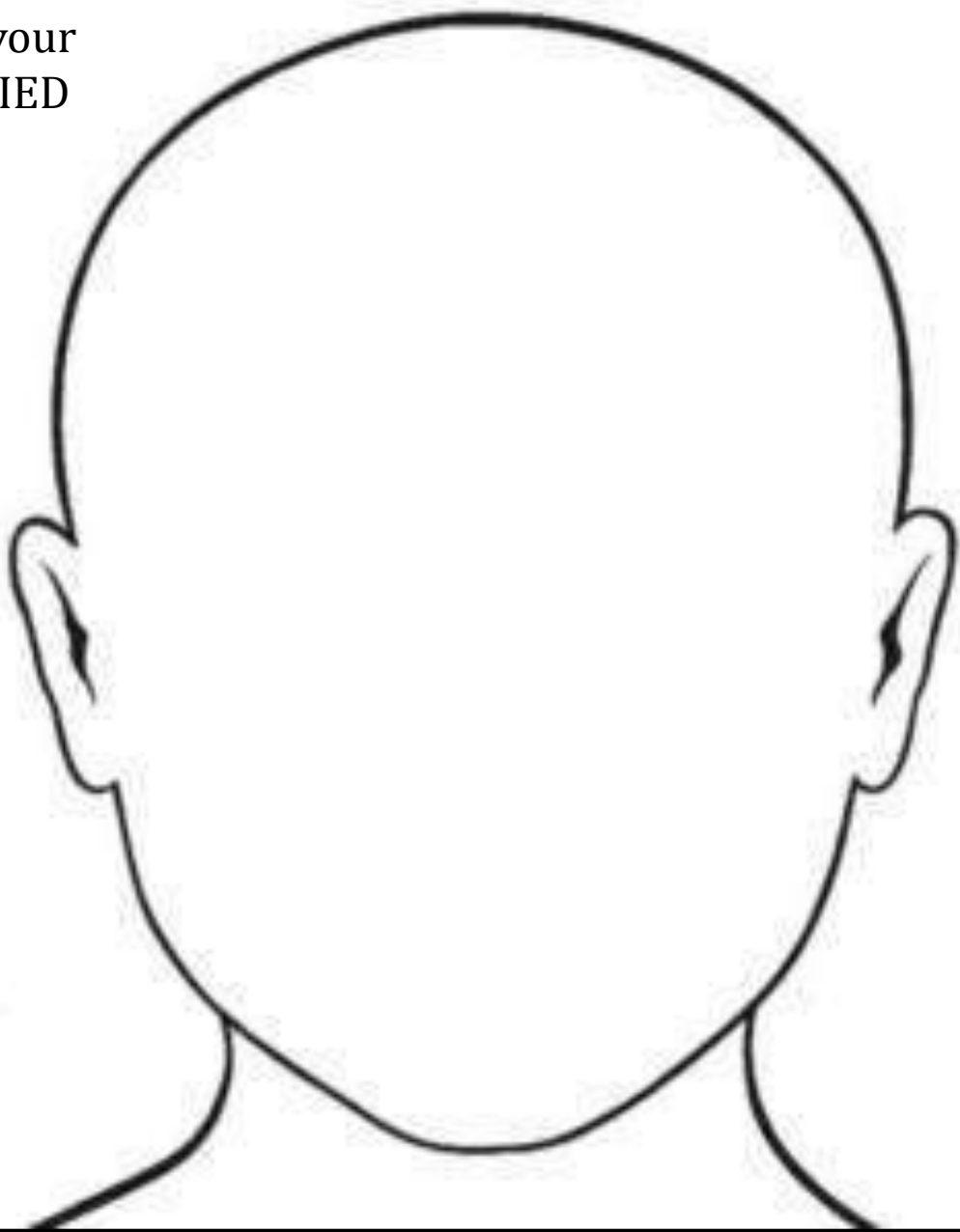


Name: _____

When I was WORRIED

1. I felt WORRIED when _____

Draw your
WORRIED
face



Name: _____

2. When I felt WORRIED, these thoughts raced through my head:

The worksheet features three large, cloud-shaped thought bubbles, each containing five horizontal lines for writing. The bubbles are arranged in a triangular pattern: one on the left, one on the top right, and one on the bottom right. Each bubble is connected to a small circle, which then leads to a larger circle, and finally to the bubble itself. In the bottom left corner, there is a simple line drawing of a person's head and shoulders, facing forward, enclosed in a rectangular frame. The entire page is designed for a student to write down their thoughts when they feel worried.

Name: _____

3. When I felt WORRIED, I *DID* these things:

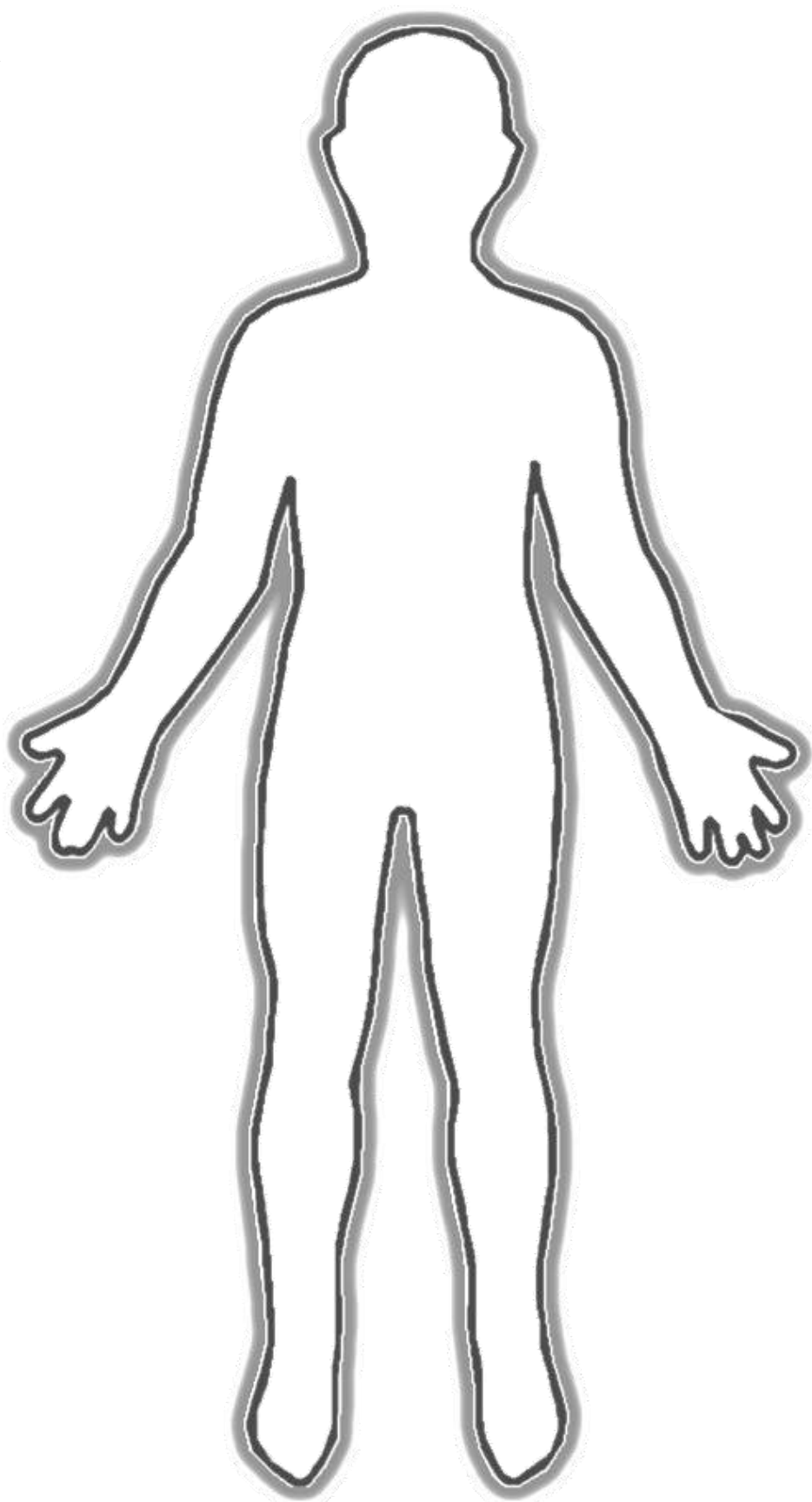
4. When I got
worried, I
SAID this



Name: _____

5. People can get upset in their bodies.

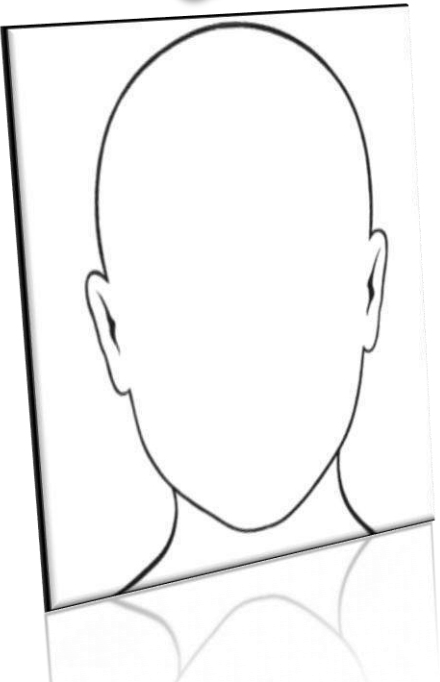
Put an **X** on the places that felt bad or different when you were **WORRIED**.



Name: _____

Dealing with my worries

6. To fight the worried thoughts, I could have tried these thoughts instead:



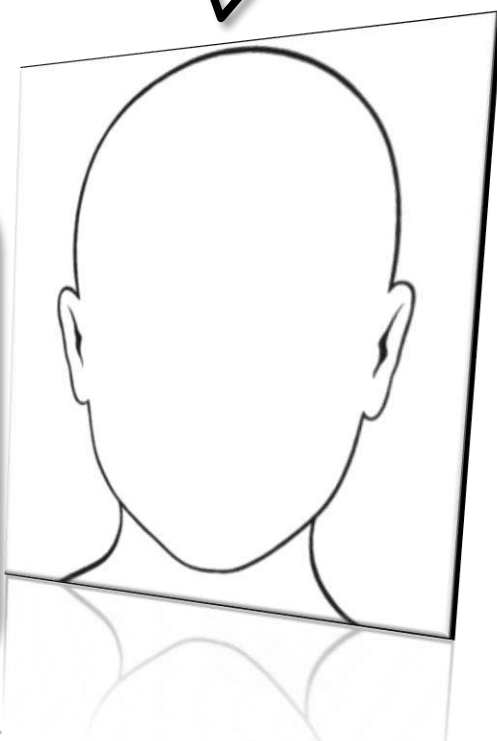
Name: _____

7. Here are better things I could have *SAID* when I was worried:

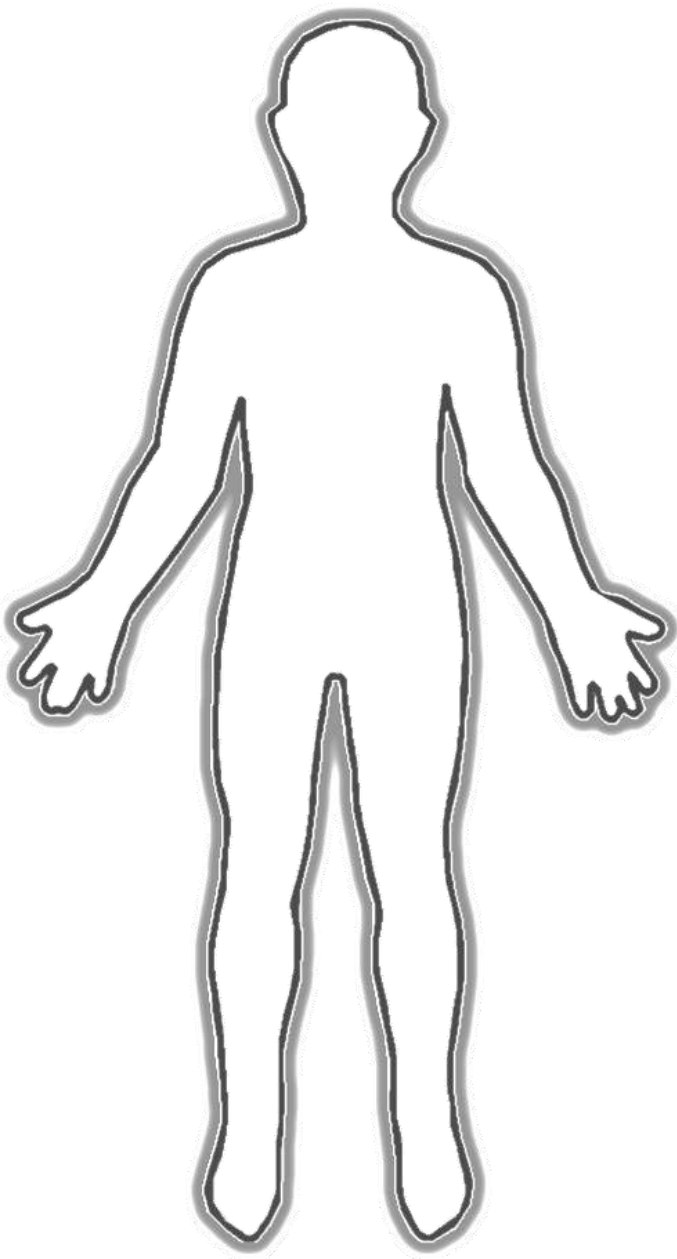
To get help:

To let someone know how I feel:

8. Something better I could have *DONE* when I was worried:



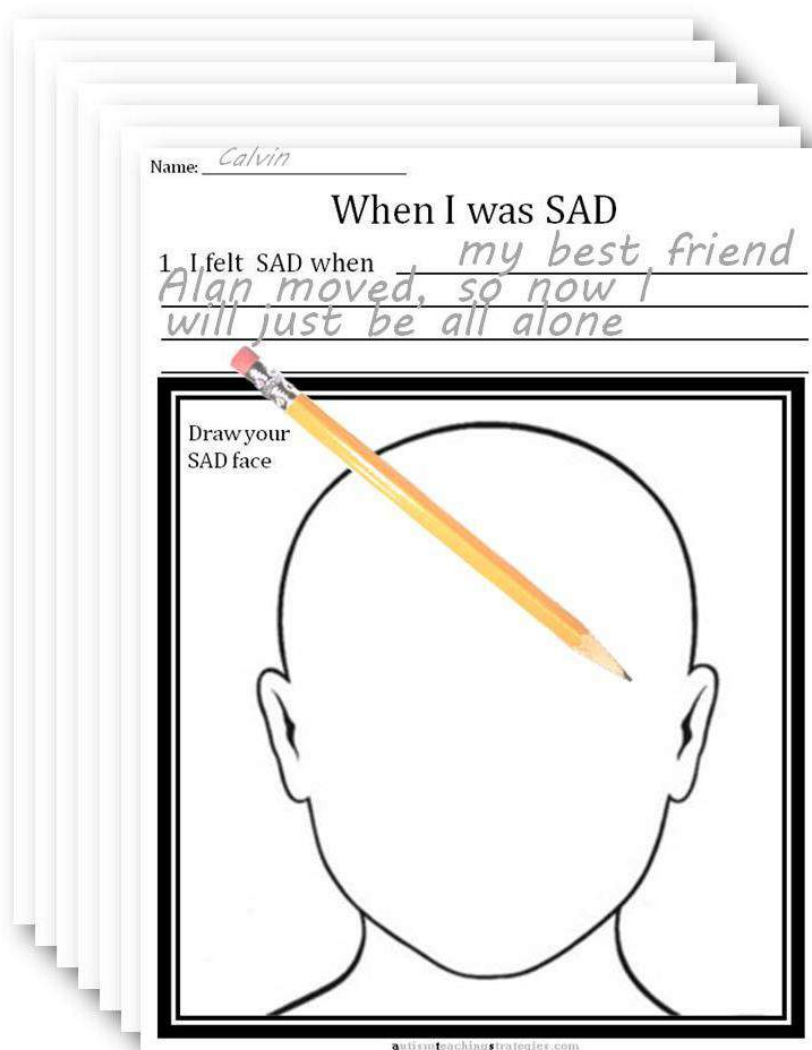
Name: _____



9. Sometimes people can calm down their bodies when they are upset.

Think about the time you were worried. What are some things you could have done to calm down your body when you were worried?

Set of worksheets emphasizing the emotion of sadness

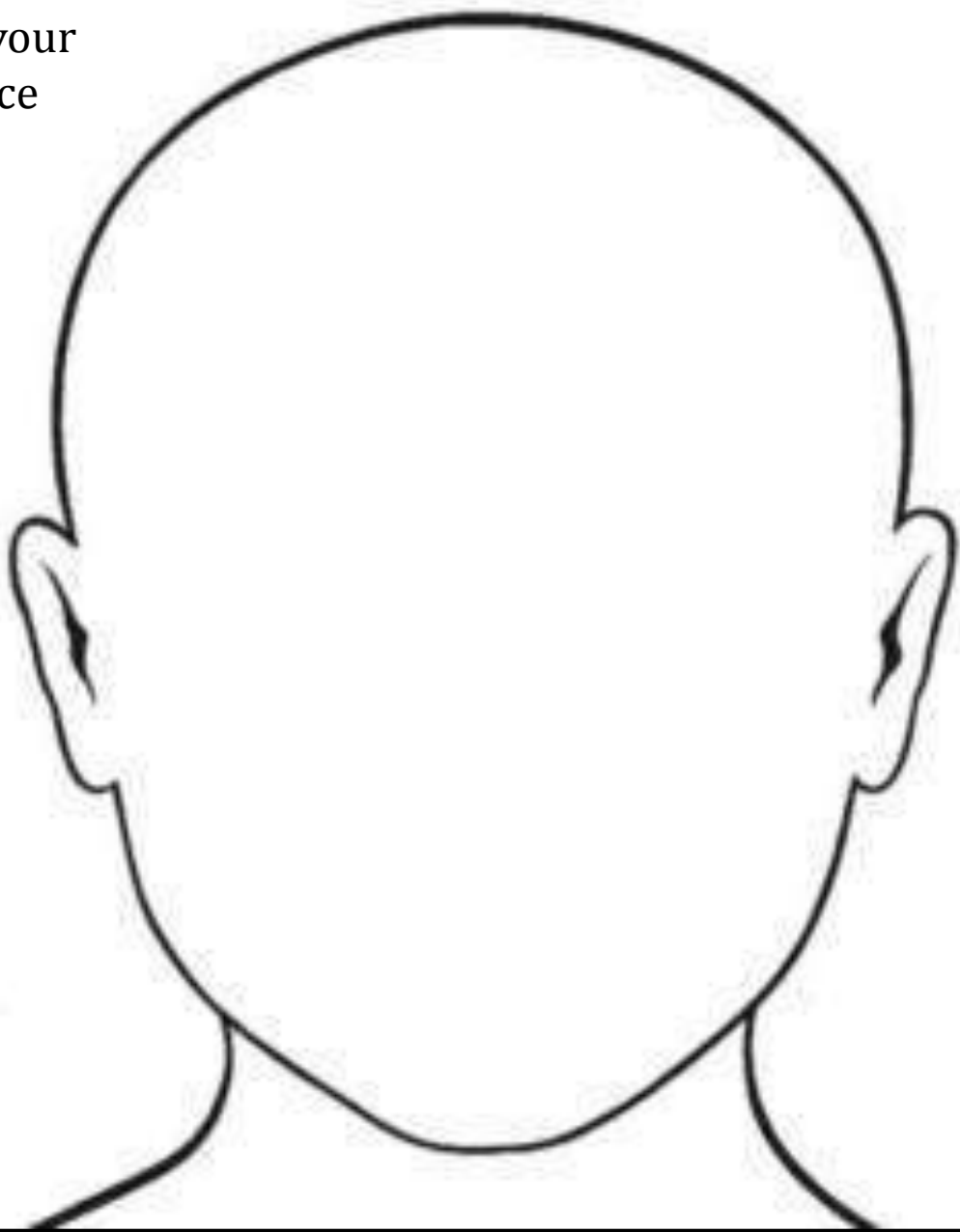


Name: _____

When I was SAD

1. I felt SAD when _____

Draw your
SAD face



Name: _____

2. When I felt SAD, these thoughts raced through my head:

The worksheet features three large, cloud-shaped thought bubbles, each containing five horizontal lines for writing. The bubbles are connected by small circles, suggesting a sequence of thoughts. In the bottom left corner, there is a simple line drawing of a person's head and shoulders, tilted slightly to the right, intended for the user to draw or write about their feelings.

Name: _____

3. When I felt SAD, I *DID* these things:

4. While I was SAD, here is what I SAID.

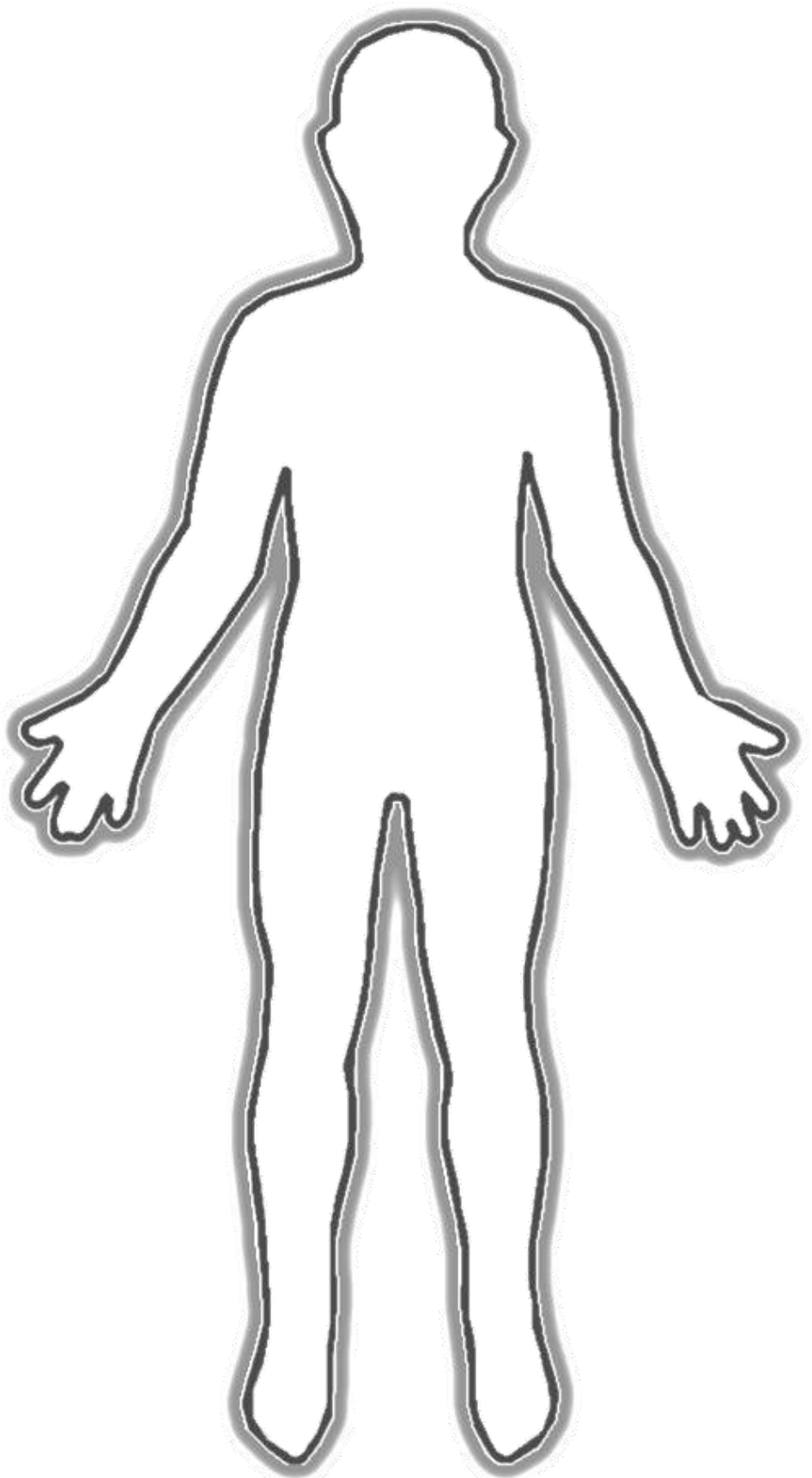
(Did it make it worse, or better?)



Name: _____

5. People can get upset in their bodies.

Put an X on the places that felt bad or different when you were SAD.

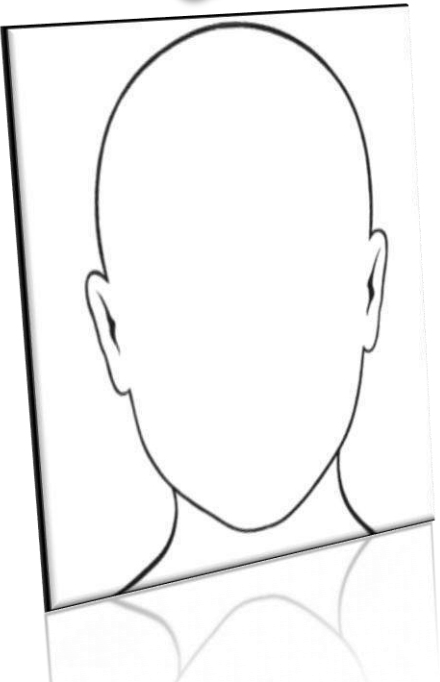


Name: _____

Dealing with my sadness

6. To fight the sad thoughts, I could have tried these thoughts instead:

Three large, cloud-shaped thought bubbles are arranged on the page. Each bubble contains five horizontal lines for writing. The bubbles are connected by small circles, suggesting a flow of thought. The top-left bubble is connected to the top-right bubble, and the top-right bubble is connected to the bottom-right bubble. The bottom-left bubble is also connected to the top-left bubble.



Name: _____

7. Here are better things I could have *SAID* when I was sad:

To get help:

To let someone know how I feel:

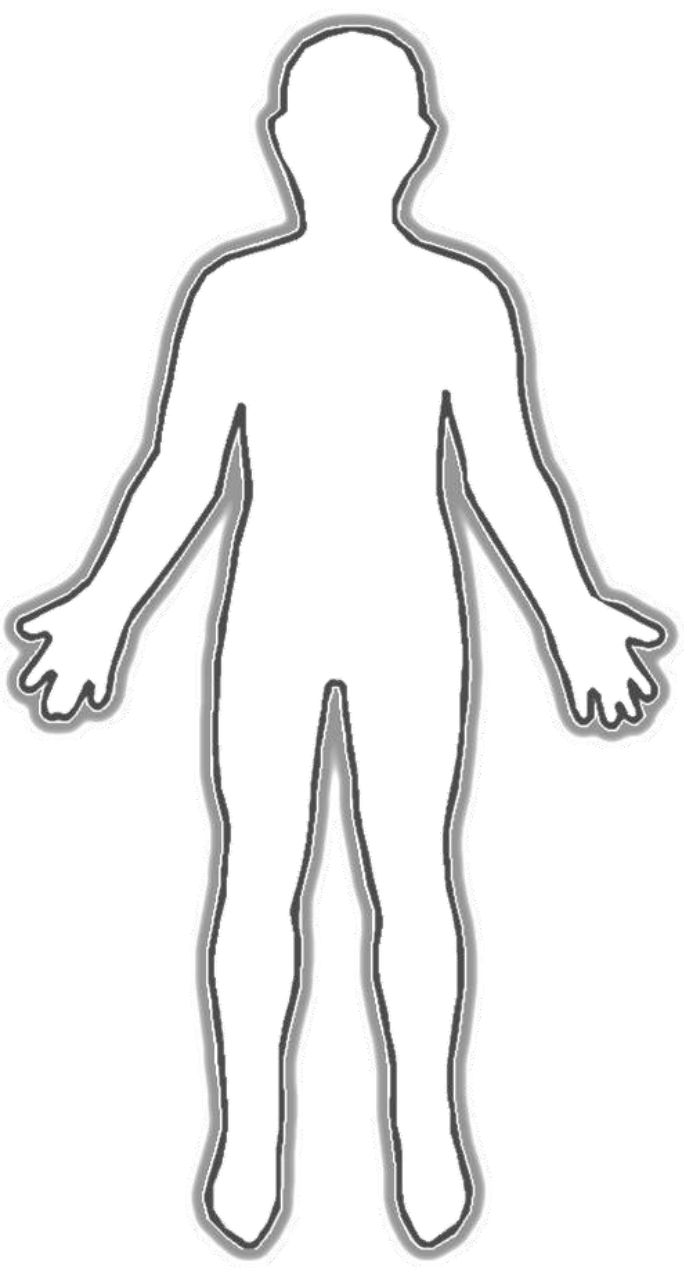
8. Something better I could have *DONE* when I was sad:



Name: _____

9. Sometimes people can calm down their bodies when they are upset.

Think about the time you were sad. What things could you have done to calm down your body when you were sad?



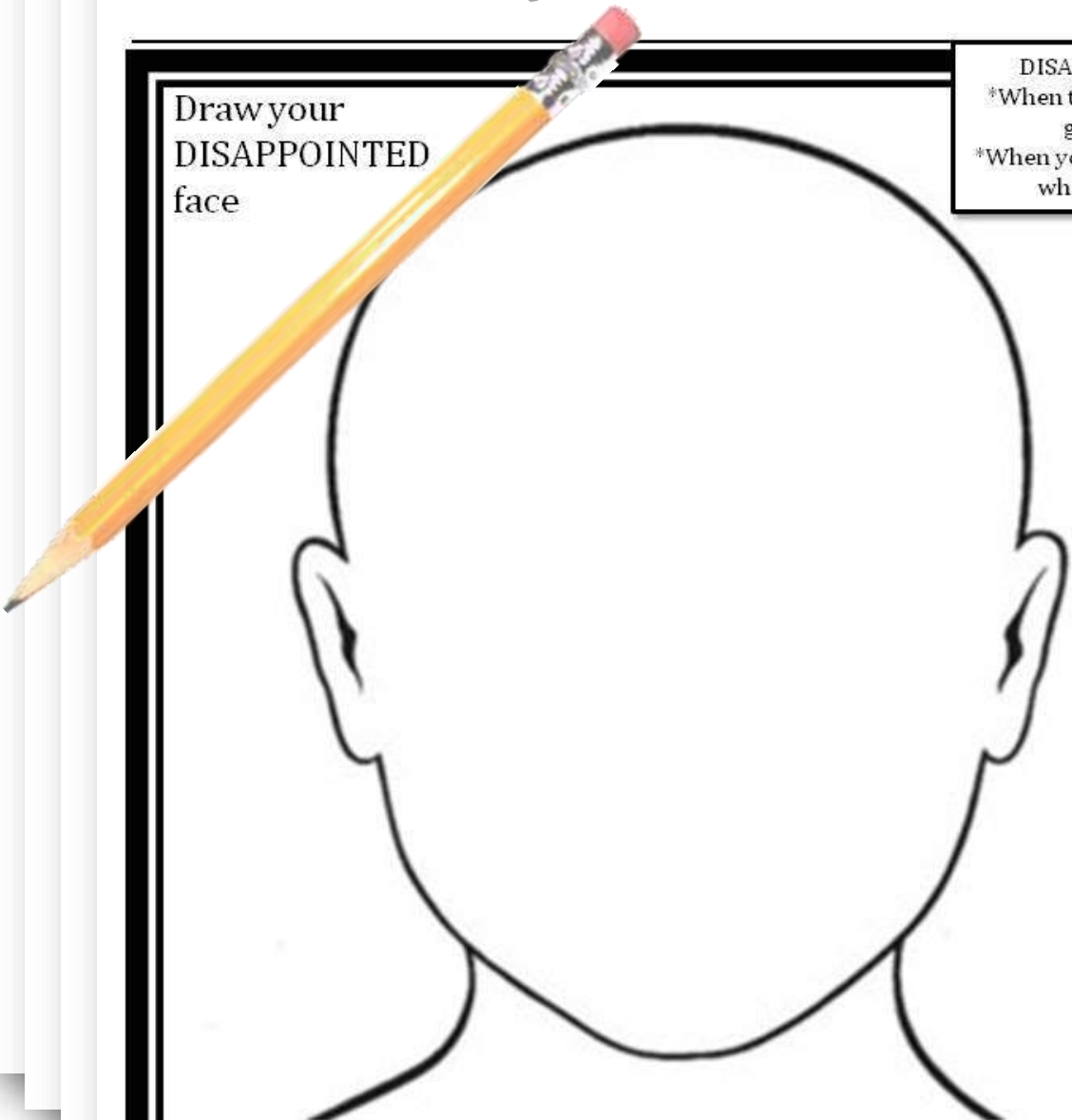
Name: Calvin

When I was DISAPPOINTED

1. I felt DISAPPOINTED when grandma
gave me a shirt instead of
the video game I wanted

Draw your
DISAPPOINTED
face

DISAPPOINTED:
*When things don't
go your way
*When you don't get
what you want

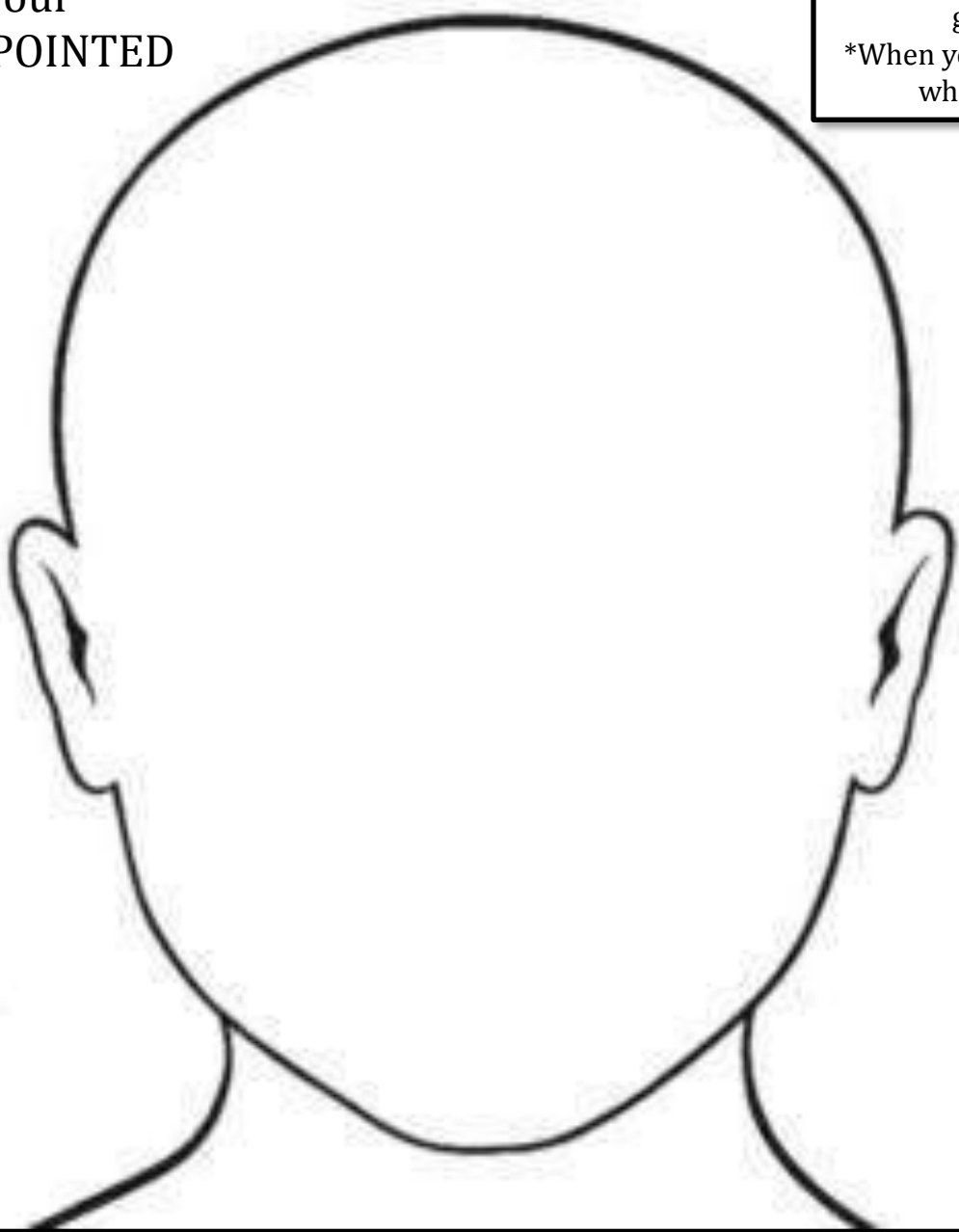


Name: _____

When I was DISAPPOINTED

1. I felt DISAPPOINTED when _____

Draw your
DISAPPOINTED
face



DISAPPOINTED:
*When things don't
go your way
*When you don't get
what you want

Name: _____

2. When I felt DISAPPOINTED, these thoughts raced through my head:

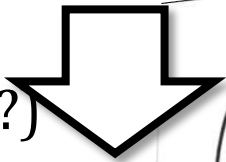
The worksheet features three large, cloud-shaped thought bubbles, each containing five horizontal lines for writing. The bubbles are connected by small circles, suggesting a sequence of thoughts. In the bottom left corner, there is a simple line drawing of a person's head and shoulders, tilted slightly to the right, intended for a student to draw or write about their feelings.

Name: _____

3. When I felt DISAPPOINTED, I *SAID* these things:

4. While I was disappointed, here is what I DID.

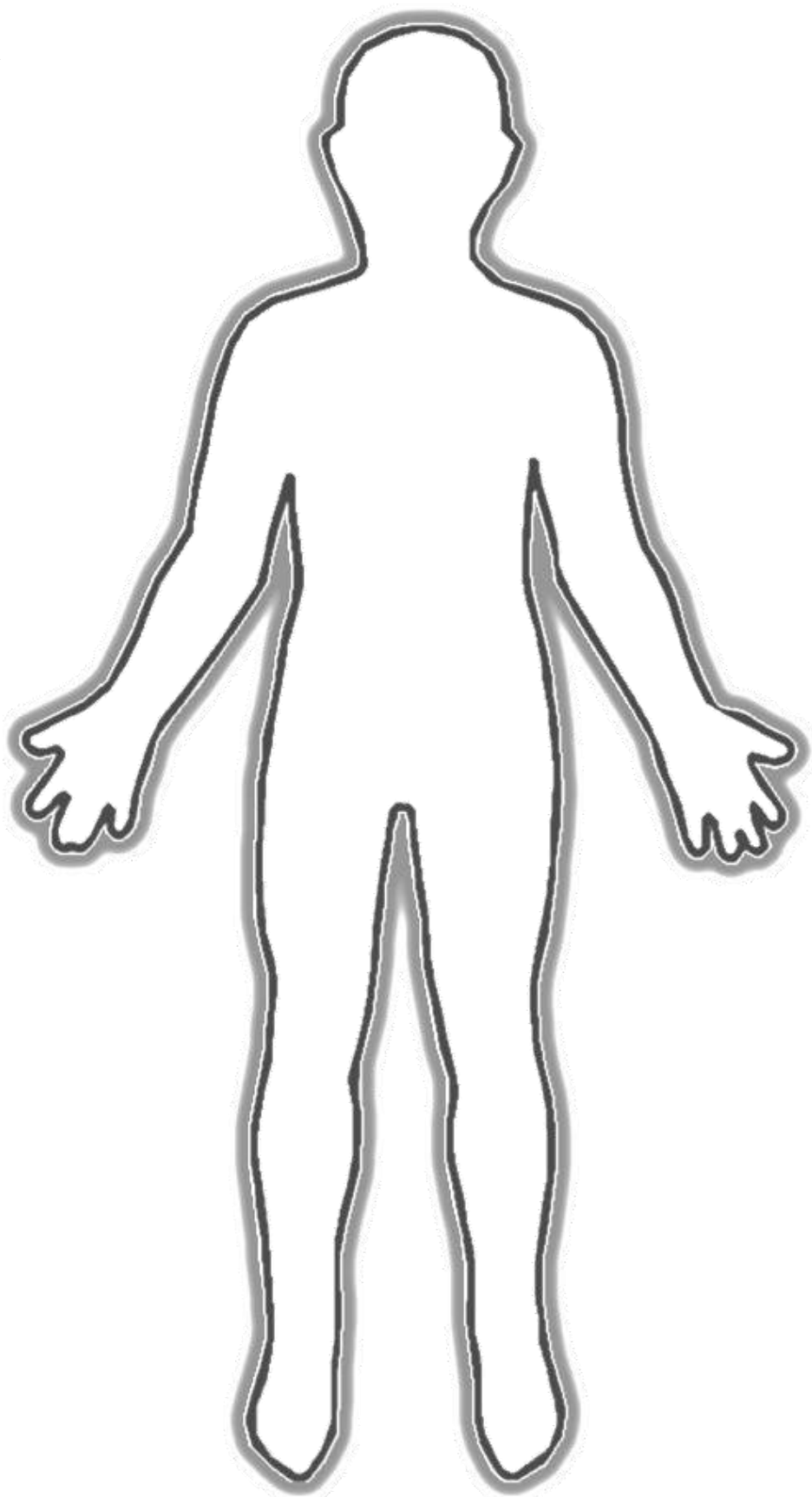
(Did it make it worse, or better?)



Name: _____

5. People can get upset in their bodies.

Put an X on the places that felt bad or different when you were DISAPPOINTED.

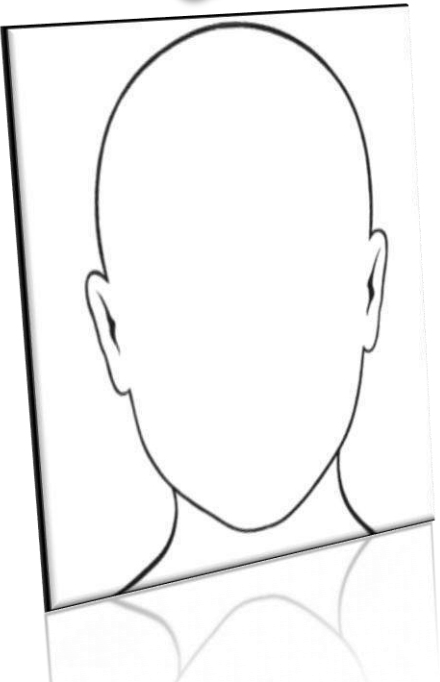


Name: _____

Dealing with my disappointment

6. To fight the upset thoughts, I could have tried these thoughts instead:

Three large, cloud-shaped thought bubbles are arranged on the page. Each bubble contains five horizontal lines for writing. The bubbles are connected by small circles, suggesting a flow of thought. The top-left bubble is connected to the top-right bubble, and the top-right bubble is connected to the bottom-right bubble. The bottom-left bubble is also connected to the top-left bubble.



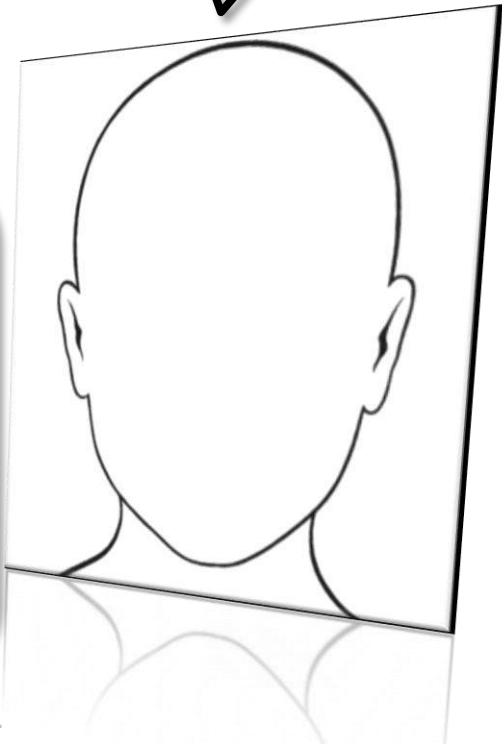
Name: _____

7. Here are better things I could have *DONE* when I was disappointed:

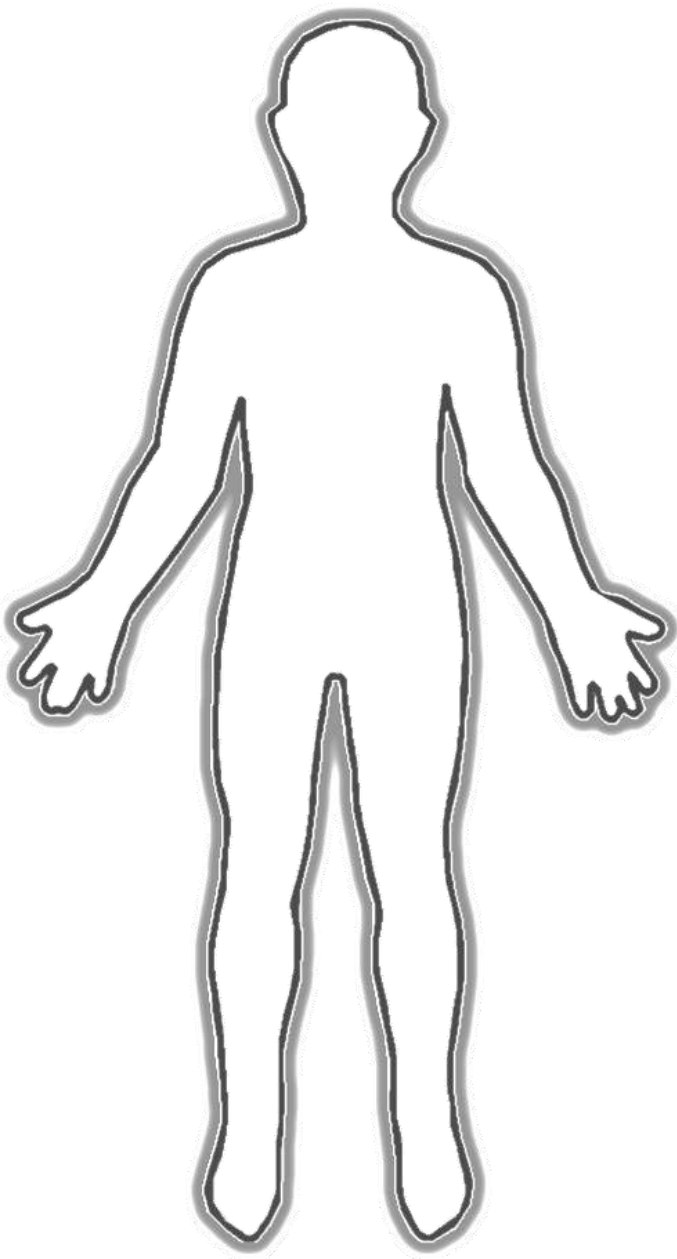
To get help:

To let someone know how I feel:

8. Something better I could have *SAID* when I was disappointed:



Name: _____



9. Sometimes people can calm down their bodies when they are upset.

Think about the time you were disappointed. What things could you have done to calm down your body when you were disappointed?
