

Choose your tool

Four practical worksheets | Printable and fillable editions

**Understand the pattern. Explore another perspective.
Try one small step.**

CBT is not about forcing positive thoughts. These tools offer ways to explore your experience and practise more flexible responses. Choose the tool that fits the moment; you do not need to complete them all.

01 Thought Record

A difficult interpretation? Explore thoughts, feelings, body sensations and actions, then consider a balanced perspective.

02 Activity Planner

Doing less of what matters? Plan manageable activities, including rest, and notice what helps.

03 Behavioural Experiment

A prediction you can safely test? Plan an everyday action, observe the result and review what you learn.

04 Problem-Solving Planner

A current practical difficulty? Explore your options and choose one workable next step.

How to use: Start with one recent example. Brief notes are enough. In the fillable edition, type into the boxes and save a copy. Use a PDF reader such as Adobe Acrobat Reader if your browser does not save entries reliably. Text limits help keep printed answers visible.

Keep your reflections private

Save completed sheets somewhere private. Consider who can access shared devices, cloud folders or printed copies.

For education and personal reflection. These worksheets do not replace individual assessment or therapy. If a task feels too difficult, pause and consider support from your therapist.

Thought Record

1 of 2 | Notice the pattern

Choose one specific moment. Record what you noticed before trying to change or explain it.

The moment

What happened? Where were you? Stick to what you observed.

My automatic thoughts

What went through my mind? Underline or name the main thought.

Belief in the main thought: 0-100%

Feelings and intensity: 0-100% for each

For example: anxious 70%, hurt 40%.

Body sensations

What did I notice physically?

My response

What did I do, avoid doing or feel an urge to do?

Thought Record

2 of 2 | Explore and reflect

You do not have to find a positive explanation. Aim for a fairer, fuller picture.

What supports my interpretation?

What information might point towards another explanation?

What am I assuming or unable to know yet?

What would I say to a friend?

A balanced perspective

A realistic statement that acknowledges uncertainty.

One helpful next step

Check back: belief, feelings and learning

Rate belief and feelings again (0-100%). What did I learn?

Activity Planner

1 of 2 | Choose and plan

Include rest and recovery. The aim is a workable balance, not a fuller to-do list. Start with an activity that feels manageable.

What matters to me this week?

Activities I have reduced or stopped

Ideas to choose from

Enjoyment or interest / Connection or meaning / Everyday tasks or achievement

My small starting step

When and where will I try it?

What might get in the way?

A smaller or more accessible version

Activity Planner

2 of 2 | My weekly activity plan

Write one manageable activity per day, or leave days open. Note what you actually tried and what you noticed, without judging yourself.

Day	Activity and time	What I tried	What I noticed
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Which activities supported me?

What made starting easier or harder?

What will I repeat or adjust?

Behavioural Experiment

1 of 2 | Plan a testable prediction

Choose an everyday experiment that does not involve genuine danger or changing medical advice. Discuss more difficult experiments with your therapist.

The situation or belief I want to explore

My prediction and belief rating

If I ... then ... | How strongly do I believe this? 0-100%.

Another possible outcome

What will I do?

Specify when, where and for how long.

What will I observe or record?

Choose an observable result, rather than guessing what someone thinks.

What might make the result hard to interpret?

For example: repeatedly checking or seeking reassurance.

Support or practical adjustments I need

Behavioural Experiment

2 of 2 | Review the evidence

The aim is to learn, rather than prove yourself wrong or make anxiety disappear. Mixed or uncertain results can still provide useful information.

What did I actually do?

What happened?

Record observable details, including anything unexpected.

How did this compare with my prediction?

What remains uncertain?

What did I learn?

Belief in the original prediction now: 0-100%

What could I test or adjust next time?

Problem-Solving Planner

1 of 2 | Define and explore

What is the problem?

Describe one specific current difficulty.

Is there a practical action I can take now?

- ☐ Yes
- ☐ Partly
- ☐ Not currently

What is within my influence?

What outcome would be good enough?

List options before judging them. If no action is available today, consider what support you need and where you want to place your attention.

Possible options: compare four ideas

Option	Benefits	Difficulties / costs	Workable?

Problem-Solving Planner

2 of 2 | Act and review

Choose one workable option. A small step can be useful even when the whole problem cannot be resolved today.

My chosen option

Three small action steps

1. First step 2. Next step 3. Follow-up

When I will begin

Resources or support I need

Likely obstacle and backup plan

Review date

What happened?

What will I keep, change or try next?