## Center for Psychology and Wellness, P.C.

Facilitating Balanced Functioning and Positive Well-Being

## **COGNITIVE RESTRUCTURING WORKSHEET**

riggering Event:  THOUGHT  Is this thought Helpful?  Is this thought Accurate?  Do I notice any thinking errors?  What are the names of the errors I notice?  BEHAVIOR		
Is this thought Helpful?  Is this thought Realistic?  Is this thought Accurate?  Do I notice any thinking errors?  What are the names of the errors I notice?	Coping Thought:	
Is this thought Helpful?  Is this thought Realistic?  Is this thought Accurate?  Do I notice any thinking errors?  What are the names of the errors I notice?		
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What are the names of the errors I notice?	/ Is this thought Accurate?	
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What are the names of the errors I notice?		\
	Do I notice any thinking errors?	
FEELING BEHAVIOR	What are the names of the errors I notice?	
FEELING BEHAVIOR		
	FEELING	BEHAVIOR
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