

CBT: Three Box Worksheet

TRIGGERING EVENT	AUTOMATIC THOUGHT AND RESULTING EMOTION	ALTERNATE THOUGHT
<p>Where were you? What were you doing? What happened?</p>	<p>What thoughts were going through your mind? What memories or images did your mind show you? Describe your emotion with one word (angry, sad, scared) and rate it on a scale of 1-10.</p>	<p>Try to come up with another thought that would not have led to you feeling the same amount of negative emotion. This might be a more positive thought or just a different way to look at the situation.</p>

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