

Thinking, Feeling, and Doing CBT Worksheet

Name:

Age:

Part 1 Instructions: Use this activity to reflect on your thoughts, emotions, and behaviors in a specific situation. Answer the following questions honestly.

Situation: Describe a recent situation or event that triggered significant thoughts, emotions, or actions.

Thoughts: What were the primary thoughts running through your mind during this situation? Were these thoughts primarily positive or negative?

Emotions: Identify the emotions you experienced during this situation (e.g., anger, joy, anxiety).

Rate the intensity of each emotion on a scale from 1 (low) to 10 (high). _____

Behaviors: What actions or behaviors did you engage in as a result of these thoughts and emotions?

Did these behaviors align with your values and goals?

Thinking Feeling Doing

Richard Bailey



Thinking Feeling Doing:

Thinking Feeling Doing Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Thinking Feeling Doing**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

https://thebrandexperience.com/public/book-search/Documents/Soul_Sister.pdf

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