

# 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

**Brendan G. Carr**



**Thinking Feeling Doing:**

## Whispering the Secrets of Language: An Psychological Quest through **Thinking Feeling Doing**

In a digitally-driven world wherever monitors reign supreme and immediate communication drowns out the subtleties of language, the profound techniques and psychological nuances hidden within phrases frequently go unheard. Yet, nestled within the pages of **Thinking Feeling Doing** a interesting fictional prize pulsing with raw feelings, lies a fantastic journey waiting to be undertaken. Penned by a talented wordsmith, that charming opus attracts readers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within ab muscles cloth of each word. Within the mental depths of this poignant review, we will embark upon a genuine exploration of the book is key themes, dissect their interesting writing type, and yield to the effective resonance it evokes strong within the recesses of readers hearts.

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