Therapeutic Worksheets

Name: _____ Age: _____

PART 1: EMOTION IDENTIFICATION

Objective: To help individuals identify and regulate their emotions effectively.

Instructions: In the left column, list different emotions you commonly experience. In the middle column, write down the situations or triggers that often lead to these emotions. In the right column, explore healthy coping strategies or actions you can take when you experience these emotions.

Emotion

Trigger

Coping Strategies

PART 2: GOAL SETTING AND ACTION PLAN

Objective: To help individuals set and work toward their therapeutic goals.

Instructions: Set a clear therapeutic goal, break it into achievable steps with deadlines, and plan how to overcome challenges. Continuously monitor your progress and make necessary adjustments to stay on track.

Therapeutic Goal

Steps/Actions

Obstacle:

Solution:

Date: _____ dd / mm / yyyy

Accomplishments/Adjustments

PART 3: THOUGHT RECORD WORKSHEET (COGNITIVE-BEHAVIORAL THERAPY)

Objective: To identify and challenge irrational or negative thoughts.

Instructions: Describe the triggering situation, identify the negative thought, rate its intensity, challenge it with evidence, create a balanced thought, and note any emotional changes.

Situation/Trigger

Negative Thought

Belief Intensity (0-100%): _____

Evidence For Negative Thought

Evidence Against Negative Thought

Balanced Thought

Emotional Change