Viewing My Problems in a New Light

List a concern or situation that you have been having troubles with lately. Think about how you felt, what you thought, actions you took and what happened.

* Situation #1 __________________________________________________________
_____________________________________________________________________

STEP #1
* My body’s reaction ______________________________________________________
_____________________________________________________________________

STEP #2
THOUGHTS

Anxious Thoughts ______________________________________________________
_____________________________________________________________________

Coping Thoughts ______________________________________________________
_____________________________________________________________________

STEP #3
Actions and attitudes that can help
_____________________________________________________________________
_____________________________________________________________________

STEP #4
Results and rewards
_____________________________________________________________________
_____________________________________________________________________

Resource: The Coping Cat Notebook.
Harborview CBT+ 07