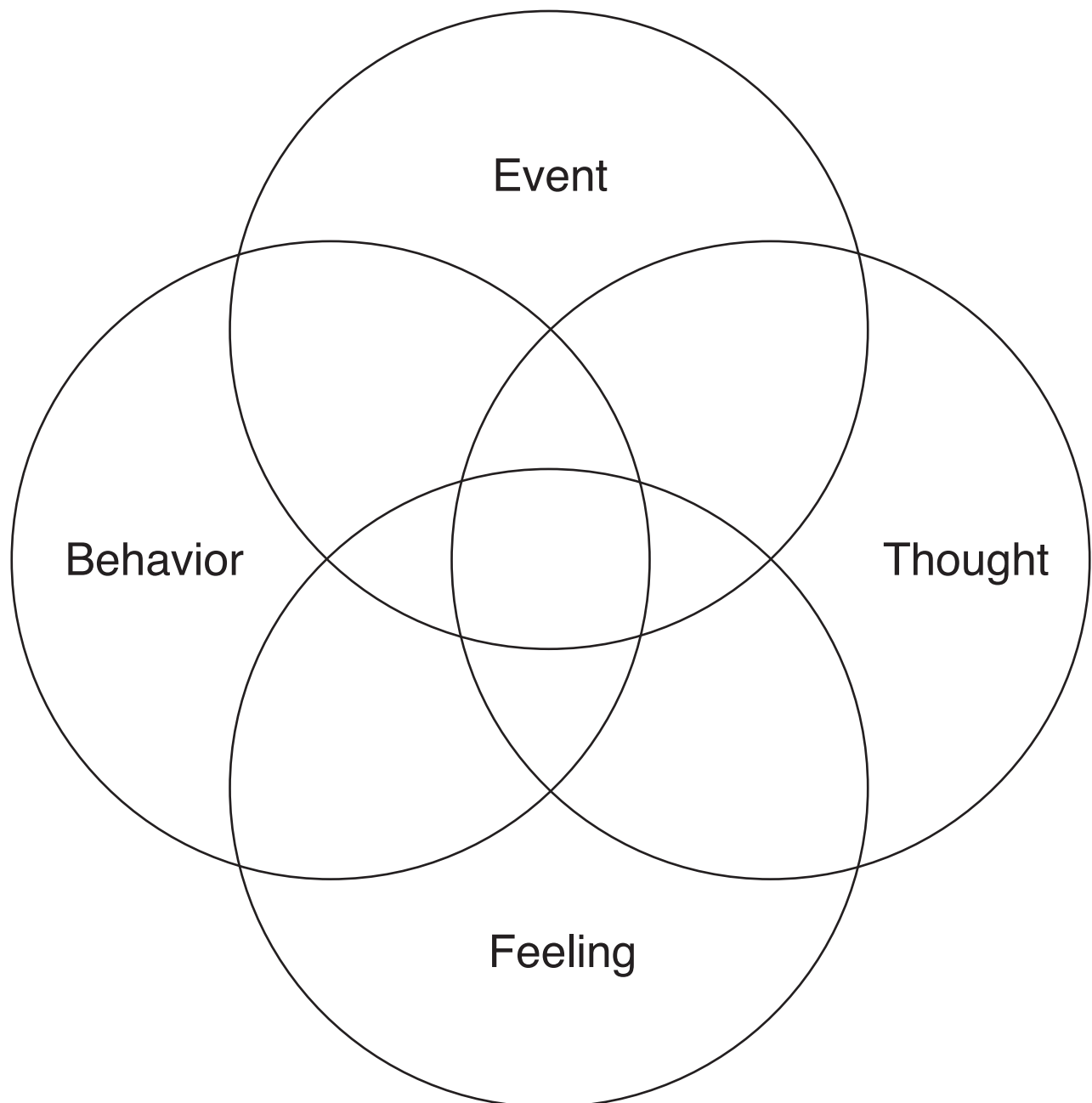


## CBT 123™ Worksheet

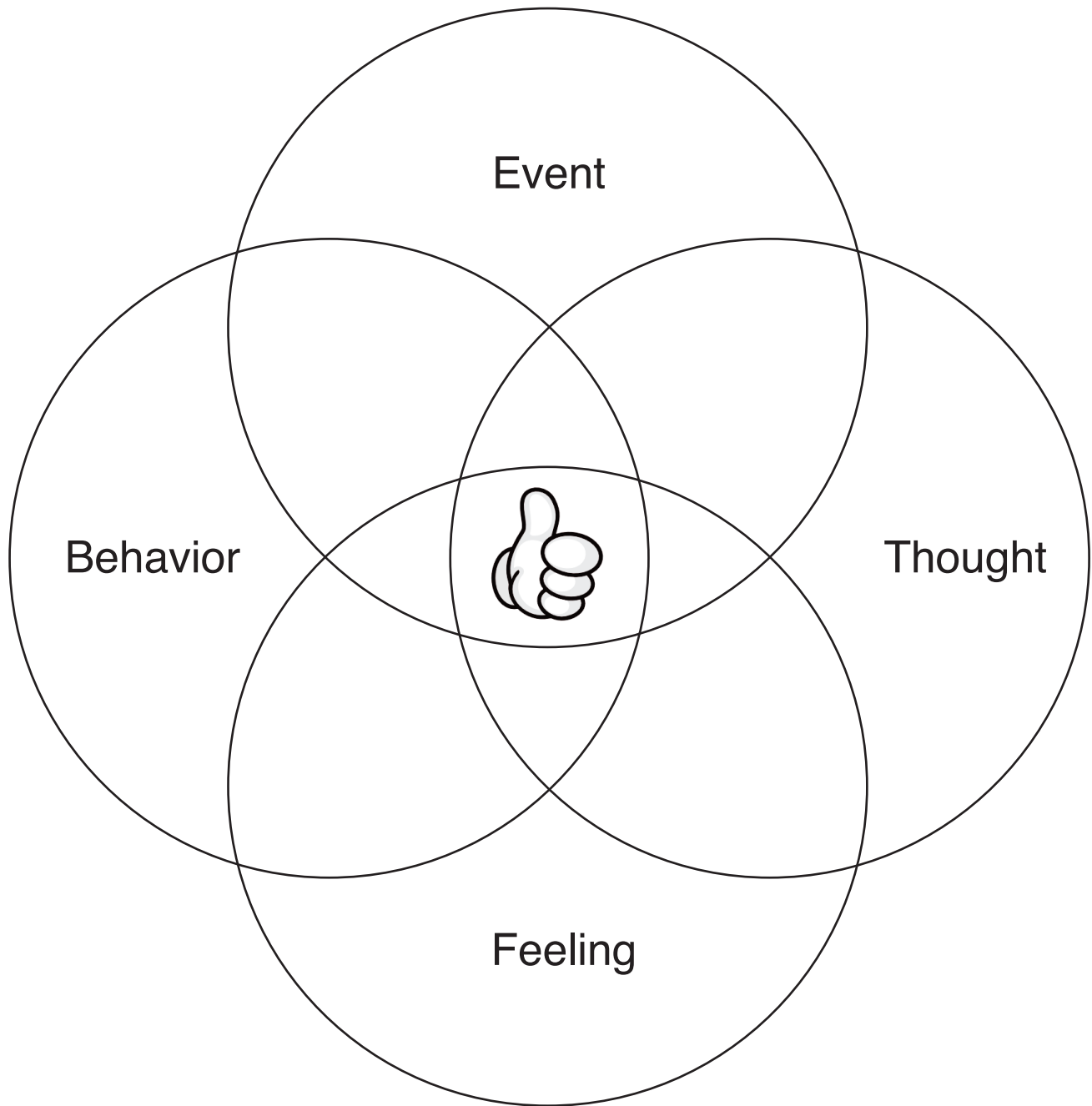
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Once you're done playing, use the opportunity to talk more about CBT. Have each player choose one #1 card from the deck. Print one set of worksheets per player.

- Look at your #1 card. Is it a feeling, thought, and/or behavior? Think of an example for the card. Write it where it fits in the circle below
- What can write to fill in in the rest of the circles?
  - Event: What happened? What started everything?
  - What did you think after the event?
  - After you thought about it, how did you feel?
  - What did you do? (Behavior)
- Look at how the circles are attached in the middle. Optional: color in each each section a different color, and talk about how they interact in the middle.



Now, imagine if one of the sections changed! Change any section you want first. How do you think it would affect the other sections? Fill them in.



Congratulations! You are learning how to take control of your thoughts, feelings, and behaviors.