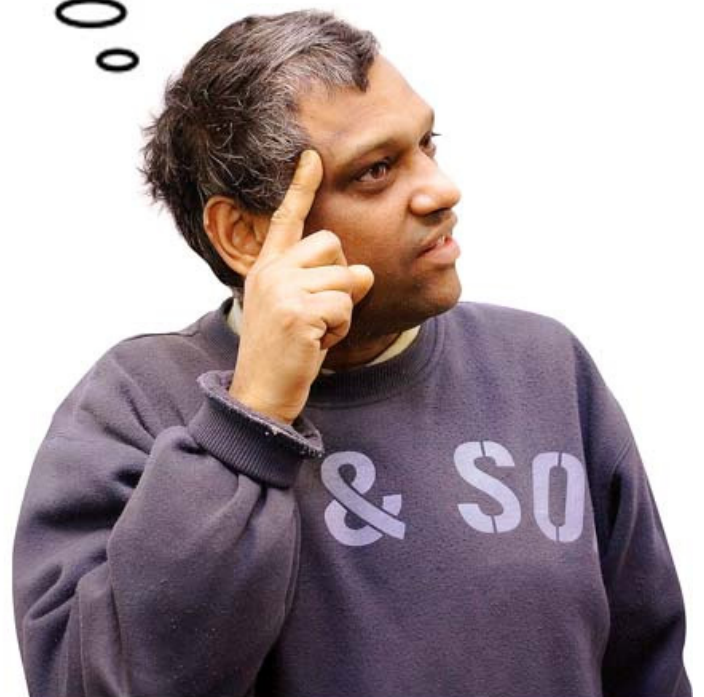


my **C**ognitive **B**ehavioural **T**herapy book

my name

my therapist.....

my worker.....



personal details

my address



my CBT therapist



.....



phone number

.....

my worker



.....





phone number

.....

Checklist of reasons for not completing the homework tasks

(Adapted from Beck et al, 1979)

Tick the correct response

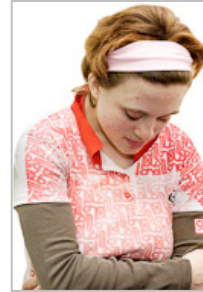
true 	false 	reasons
		what's the point? nothing I do will help me feel better...
		I don't understand how this task will help me feel better
		I don't know why the CBT therapist has asked me to do this
		I forgot to do the homework
		I don't think the homework is helpful
		<ul style="list-style-type: none">• I did not have time to do the homework• I was too busy
		I thought I might get it wrong
		I didn't feel like doing the homework task
		I don't like doing what the CBT therapist tells me



happy



feeling good



lonely



sad



scared



confused



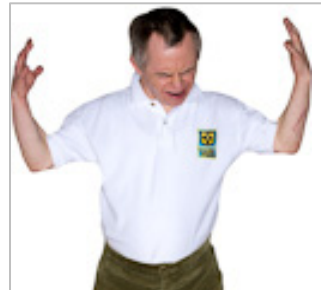
worried



nervous



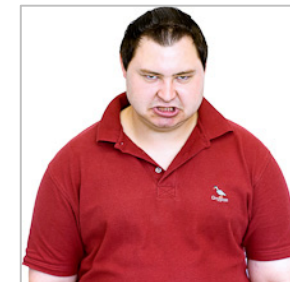
embarrassed



irritated



cross



angry



hopeless



annoyed



feeling bad



feel like crying

feelings



Congratulations!

you have finished your CBT sessions



CBT Therapist: _____

Date: _____

