I want to talk to the therapist about

- you can write down the things you want to talk about
- you can draw the things you want to talk about
<table>
<thead>
<tr>
<th>day</th>
<th>what I did</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>breakfast</td>
<td>lunch</td>
<td>dinner</td>
</tr>
<tr>
<td>Tu</td>
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<td>W</td>
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<tr>
<td>Su</td>
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</tbody>
</table>
instructions

• your worker will help you fill in this sheet

• you and your worker will write or draw what you do everyday

• the diary can be filled in
  • when you think it is important to
  • whenever you remember

• some examples of when you can fill in the diary are at
  • breakfast
  • lunch
  • dinner
when I feel depressed I…..
good things in my life

things I am not happy about
when I get **anxious** I feel
what we will do today

1. __________
2. __________
3. __________

I will go through your homework

what we will do today

I will give you some homework to do for the next time we meet

end of the session
my goal

- a goal is something you want to achieve

what I will do to change

_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

how important is this goal?

?  

I have reached my goal when

_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
<table>
<thead>
<tr>
<th>day</th>
<th>what happened?</th>
<th>what did I do?</th>
<th>how did I feel?</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
instructions

• your worker will help you fill out this sheet

• you and your worker will fill out
  • what **happened**?
  • what did I **do**?
  • how did I **feel**?

• you will bring the sheet with you to the next session

• you and the therapist will talk about what you and your worker wrote
Thoughts, feelings and behaviours

- cut out the pictures along the dotted lines
- arrange them into what you think is
  - a feeling
  - a thought
  - what people do

- angry
- eating lunch
- cooking
- I will do it all wrong
- happy
- going to the day centre
- this is really good
- staying at home alone
- sad
people don’t like me
sleep
no one will want to be my friend

having a shower
worried
scared
<table>
<thead>
<tr>
<th>good times</th>
</tr>
</thead>
<tbody>
<tr>
<td>one situation I really <strong>enjoyed</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>what happened?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>what did I do?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>what did I <strong>think</strong>?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>how did I <strong>feel</strong>?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cut out and paste a picture of how you felt</td>
</tr>
</tbody>
</table>
Bad times

one situation I found hard

what happened?

what did I do?

what did I think?

Cut out and paste a picture of how you felt

how did I feel?
**unhelpful ways of thinking**

- think about your thoughts
- use the rating scale to show how often you think these thoughts are true

- how often do you know what other people are thinking about you?

  - never
  - sometimes
  - always

- Do you expect things to go wrong all the time?

  - never
  - sometimes
  - always

- Do people think that you are stupid or a bad person?

  - never
  - sometimes
  - always
• How often do you think that you will not get things right?

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>always</th>
</tr>
</thead>
<tbody>
<tr>
<td>❌</td>
<td></td>
<td>✔</td>
</tr>
</tbody>
</table>

• Do you think you will never get anything right?

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>always</th>
</tr>
</thead>
<tbody>
<tr>
<td>❌</td>
<td></td>
<td>✔</td>
</tr>
</tbody>
</table>

• Do you think you have to do everything right?

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>always</th>
</tr>
</thead>
<tbody>
<tr>
<td>❌</td>
<td></td>
<td>✔</td>
</tr>
</tbody>
</table>
• Do you think you’re not good enough if you get something wrong?

- never
- sometimes
- always

• Do you think that people will think you are stupid, if you do not get something right?

- never
- sometimes
- always

• Do you believe everything you think?

- never
- sometimes
- always
• Do you think you know what is going to happen if you do something?

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>always</th>
</tr>
</thead>
</table>

• Do you think things are going to be worse than they actually are?

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>always</th>
</tr>
</thead>
</table>

• Do you think things are either really good or really bad?

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>always</th>
</tr>
</thead>
</table>
• Do you think you usually know what is going to happen?

<table>
<thead>
<tr>
<th></th>
<th>never</th>
<th>sometimes</th>
<th>always</th>
</tr>
</thead>
<tbody>
<tr>
<td>x</td>
<td>?</td>
<td>✓</td>
<td></td>
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</tbody>
</table>

• Do you think if one thing is bad it’s going to make everything else bad?

<table>
<thead>
<tr>
<th></th>
<th>never</th>
<th>sometimes</th>
<th>always</th>
</tr>
</thead>
<tbody>
<tr>
<td>x</td>
<td>?</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>

• You may think something is your fault when it actually is not?

<table>
<thead>
<tr>
<th></th>
<th>never</th>
<th>sometimes</th>
<th>always</th>
</tr>
</thead>
<tbody>
<tr>
<td>x</td>
<td>?</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>
• Do you only focus on the negative thoughts?

- never
- sometimes
- always

• How often do you think that **I must** do something or **I must not** do something?

- never
- sometimes
- always

• Do you think that you **should** do this or you **should** do that?

- never
- sometimes
- always
• How often do you not do something because you think you will not do it right?

- never
- sometimes
- always

• How often do you blame yourself if something goes wrong?

- never
- sometimes
- always

• Do you usually ignore your positive thoughts?

- never
- sometimes
- always
Do you usually ignore positive things that happen?

- never
- sometimes
- always
<table>
<thead>
<tr>
<th>day</th>
<th>what happened?</th>
<th>what did I do?</th>
<th>how did I feel?</th>
<th>what was wrong with my thinking?</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
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<td></td>
</tr>
<tr>
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</table>
instructions

• your worker will help you fill out this sheet

• you and your worker will fill out
  • what happened?
  • what did I do?
  • how did I feel?

• you will bring the sheet with you to the next session

• you and the therapist will talk about what you and your worker wrote

• you and the therapist will then fill out what was wrong with my thinking?
a different way of thinking

when I find myself thinking

my unhelpful thought

I will say STOP (to myself)

I will then think of a more helpful thought

I will repeat the helpful thought ______ times

instructions

• fill in the worksheet

• the therapist will help you to do this

• cut out the card and make it into a flashcard

• put it where you will see it easily

• use it the next time you have the unhelpful thoughts
my good thoughts about me

- you can write your good thoughts
- you can draw your good thoughts
my thoughts about me that are not nice

- you can write these thoughts
- you can draw these thoughts

____________________________________________________________________
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____________________________________________________________________
____________________________________________________________________
my worrying thoughts about me

- you can write your worrying thoughts
- you can draw your worrying thoughts
my **worrying thoughts** about things that will happen

- write your worrying thoughts
- draw your worrying thoughts
my **good thoughts** about things that will happen

- write your good thoughts
- draw your good thoughts
core beliefs

- core beliefs are thoughts you have about yourself
- core beliefs are fixed thoughts from childhood

instructions

- how often do you believe these thoughts?
- use the rating scale to show what you think

1. I am a failure

   ![Rating Scale]

   never  sometimes  always

2. I am not responsible for what I do

   ![Rating Scale]

   never  sometimes  always
• I am not responsible for what I say

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>always</th>
</tr>
</thead>
</table>

• it is important that my carer is involved in everything I do

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>always</th>
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</thead>
</table>

• people will be angry or cross if I say the things I really want to say

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>always</th>
</tr>
</thead>
</table>
• what I really think does not matter

- never
- sometimes
- always

• I must not show my feelings to others

- never
- sometimes
- always

• no one understands me

- never
- sometimes
- always
• I need other people to help me get by
  
  ![Choice](never)
  ![Choice](sometimes)
  ![Choice](always)

• Bad things happen to me all the time
  
  ![Choice](never)
  ![Choice](sometimes)
  ![Choice](always)

• I am more important than others
  
  ![Choice](never)
  ![Choice](sometimes)
  ![Choice](always)
• it is important to put other people’s wishes before my own feelings

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>always</th>
</tr>
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</table>

• people I love will never be there for me

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>always</th>
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</thead>
</table>
my core belief

my thoughts that tell me my core belief is wrong

•

•

•

•

•

•
How to **be more assertive**

<table>
<thead>
<tr>
<th>think of a time you were <strong>aggressive</strong></th>
<th><strong>Changing to</strong></th>
<th>how could you change to be more <strong>assertive</strong> next time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Changing to</strong></td>
<td></td>
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</tbody>
</table>
How to be **more assertive**

Think of a time when you were **passive**

**Changing to**

How could you change to be more **assertive** the next time
how I can be more assertive
<table>
<thead>
<tr>
<th>name</th>
<th>this person is important to me because</th>
</tr>
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</table>
things people like about me
Things I learned in CBT

______________________________________________________________

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______________________________________________________________
Important things to remember from my work with ______________________
(therapist’s name)