

Cognitive Worksheets for Adults - Patient Engagement

Patient Information

Name:

Session Number:

Date of Birth:

Date of Assessment:

Therapist/Clinician:

Objective

Worksheet Selection

Cognitive Distortions Worksheet

Objective: Identified and challenged negative thinking patterns related to work-related stressors.

Notes:

CBT Model Worksheet

Objective: To be introduced in the next session.

Notes:

Coping Styles Worksheet

Objective: Explored patient's coping styles in dealing with interpersonal conflicts and identified triggers.

Notes:

Mind In Therapy Cognitive Science For Practice

Shasha Hu



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