



Cognitive Behavioral Therapy Exercise – Managing Thoughts, Feelings, and Behavior

Cognitive Behavioral Therapy (CBT) is an effective way to manage your thoughts and feelings and improve your behavior. Here's how it works:

Step 1: Notice the Situation – Observe what’s happening around you. Take note of the facts, not just your interpretation of them.

Step 2: Name Your Thoughts – What are you telling yourself about the situation? Be aware of the thoughts running through your head.

Step 3: Identify Your Feelings – Discover how your thoughts influence your emotions. What emotions are you feeling? Ask yourself, “How do I feel when I think this thought?” Then name the emotion - happy, anxious, angry, sad, etc.

Step 4: Evaluate Your Behavior – How is this thought or emotion influencing what you do and how are you reacting? Do you do something that helps or hurts the situation? This is your chance to choose how to respond. You can make a conscious effort to change your behavior. Do something positive that takes the situation in a different direction.

CBT can help you gain more control over yourself and reach your goals. Give it a try! You may be surprised at the positive outcomes. CBT is a great tool for managing your thoughts, feelings, and behaviors. So the next time you’re feeling overwhelmed or out of control, take a few moments to go through these steps – it can make all the difference!