Changing Your Thinking
In-Session Planner

Fill in the CBT model with an example of a time when your thoughts, behaviors, and feelings affected each other.

Thought:

Behavior:

Feeling:

Think of times when you have had an unhelpful thought recently. Record the unhelpful thought and the name of the thinking error. Next, record a more helpful or more balanced thought you could have instead, and a strategy you can use for similar thoughts in the future.

Unhelpful thought I have had *(name/example)*	***Challenge question I could use for this thought***	***Different/more helpful thought I could have instead***
Labeling: I am going to be a terrible parent. All of the other parents have already finished their nursery.	*Does <u>every</u> good parent have a finished nursery before their baby is born? Is a nursery <u>actually</u> what makes me a good or bad parent?*	*Being a good parent means preparing to meet my baby's basic needs, not having a finished nursery.*