

# Simple CBT Worksheets

These worksheets are designed to be used with the CBT Mind Traveler and a number of free CBT materials available free on the website: <http://bit.ly/10rc92r>. Here is the link to the part of the website where these worksheets can be downloaded and where further explanation can be found: <http://bit.ly/1103OIS>

The worksheet sets are provided in different emotion categories, depending upon which upsetting emotion you are emphasizing in your work. It is often best to use the worksheet set that allows the child to fill in the name of the emotion (figure 1, shown below). When completing the worksheets with children, I suggest you “skip around” rather than methodically plodding through every page each time you are working on an upsetting emotion.

On the next page, you can view examples of some of the other worksheet sets which categorize the emotion specifically.

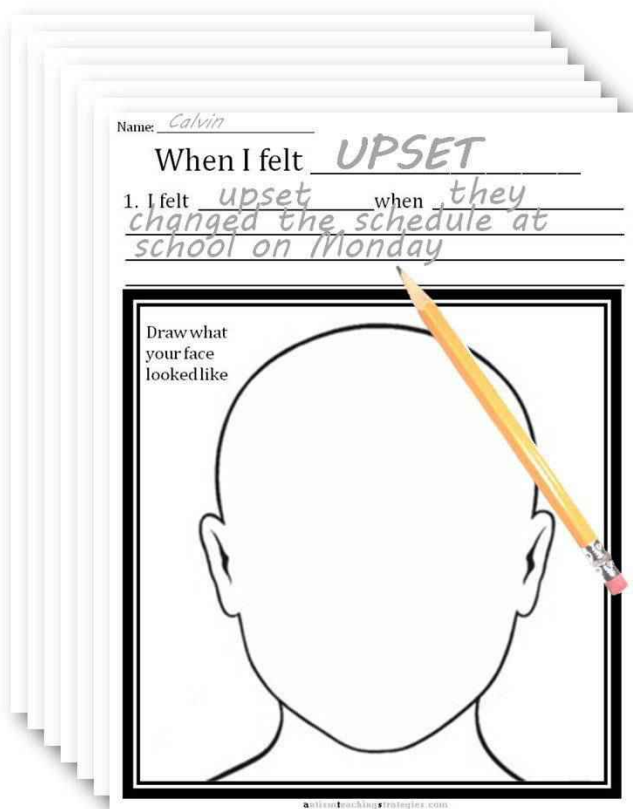


Figure 1

Created by Joel Shaul, LCSW

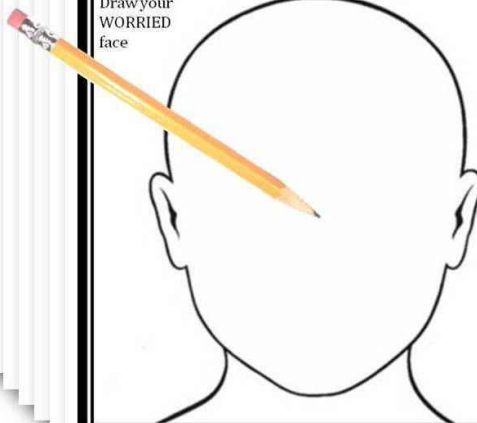


Name: Calvin

### When I was WORRIED

1. I felt WORRIED when I got to the party and I saw mac and cheese. I can't eat that!

Draw your WORRIED face



Name: Calvin

### When I was ANGRY

1. I felt ANGRY when they kept hitting me in dodgeball

Draw your ANGRY face.

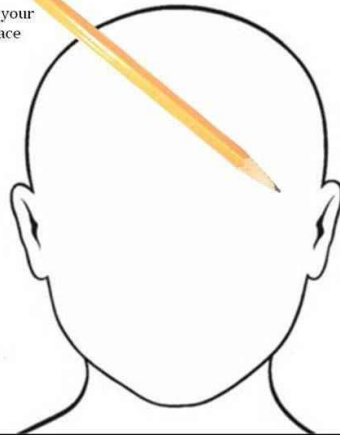


Name: Calvin

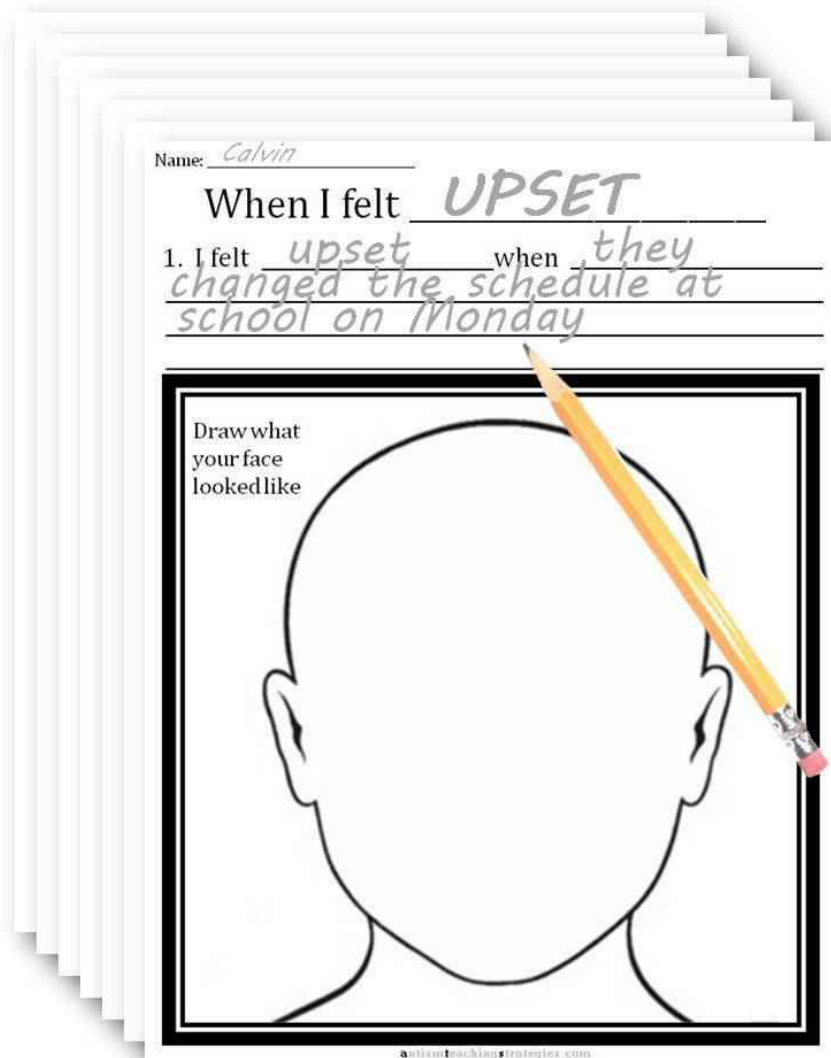
### When I was SAD

1. I felt SAD when my best friend Alan moved, so now I will just be all alone

Draw your SAD face



Set of worksheets with the emotion left blank to be filled in



Name: \_\_\_\_\_

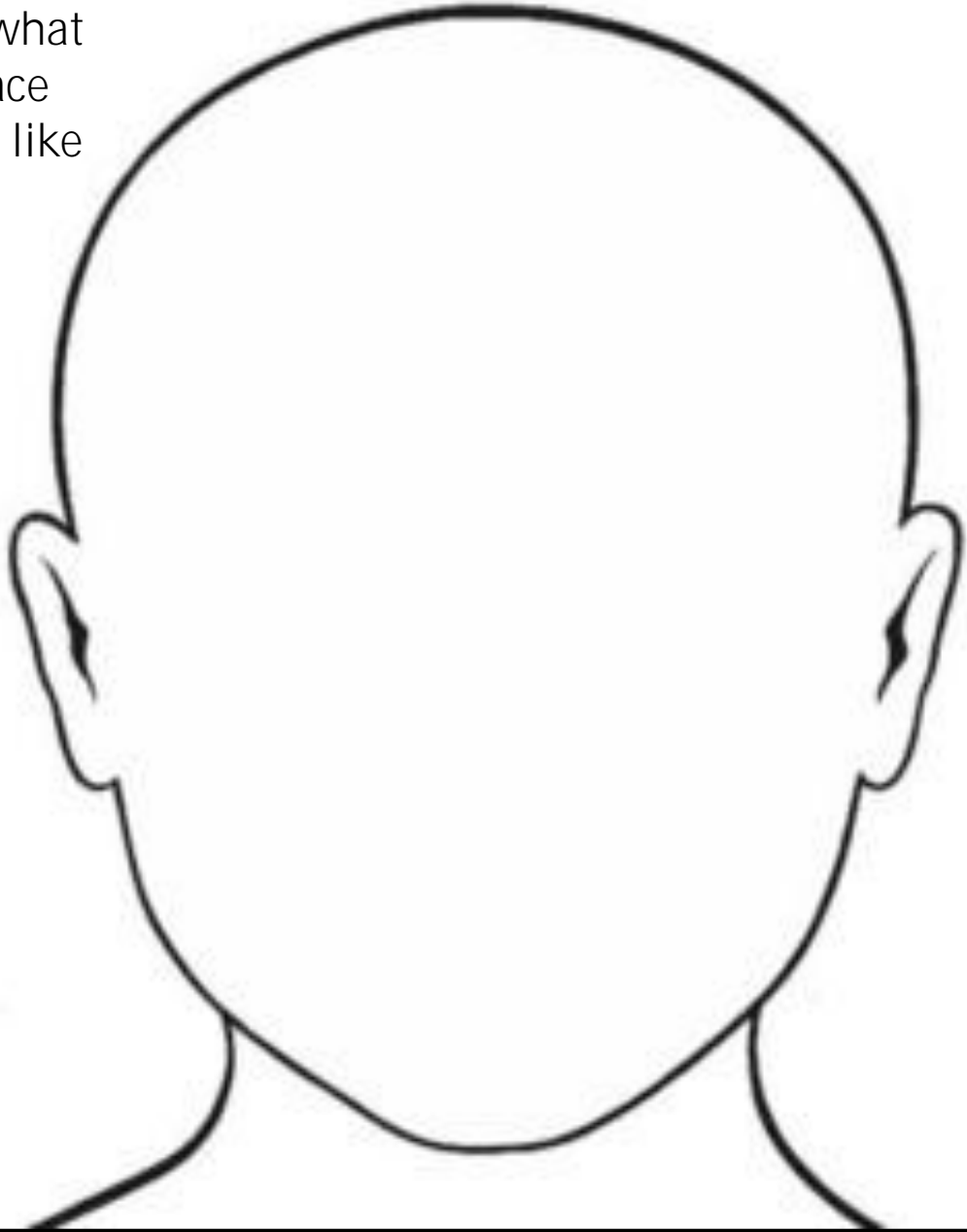
# When I felt \_\_\_\_\_

1. I felt \_\_\_\_\_ when \_\_\_\_\_

\_\_\_\_\_

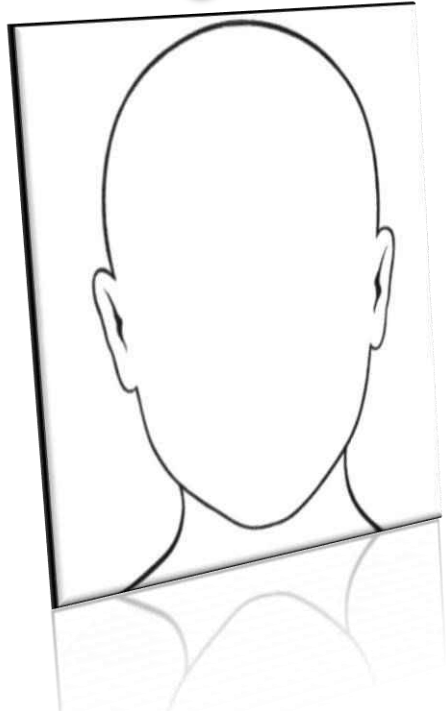
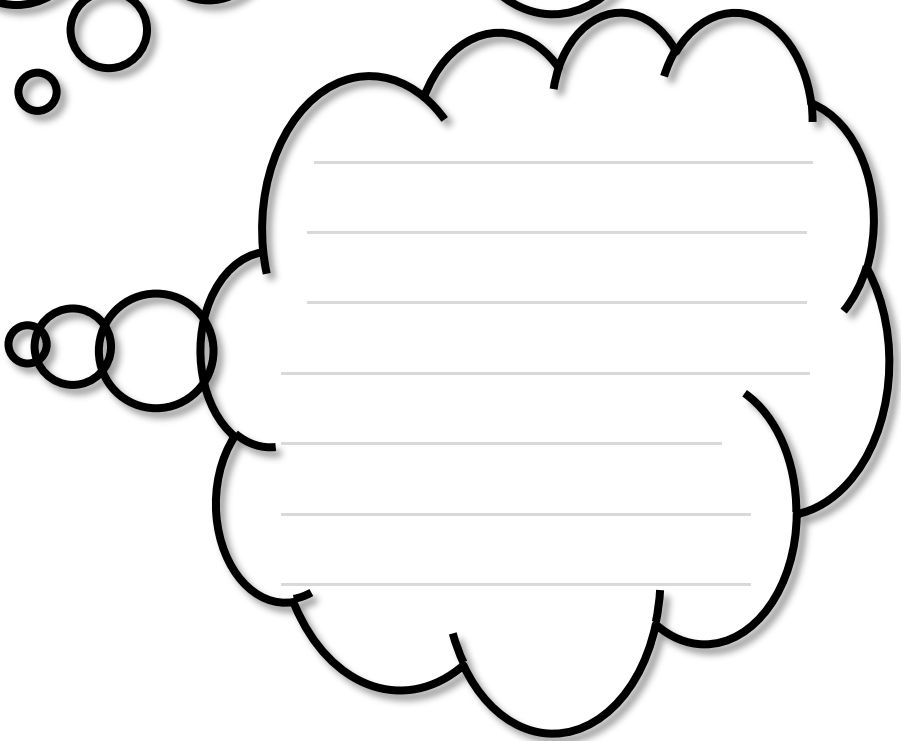
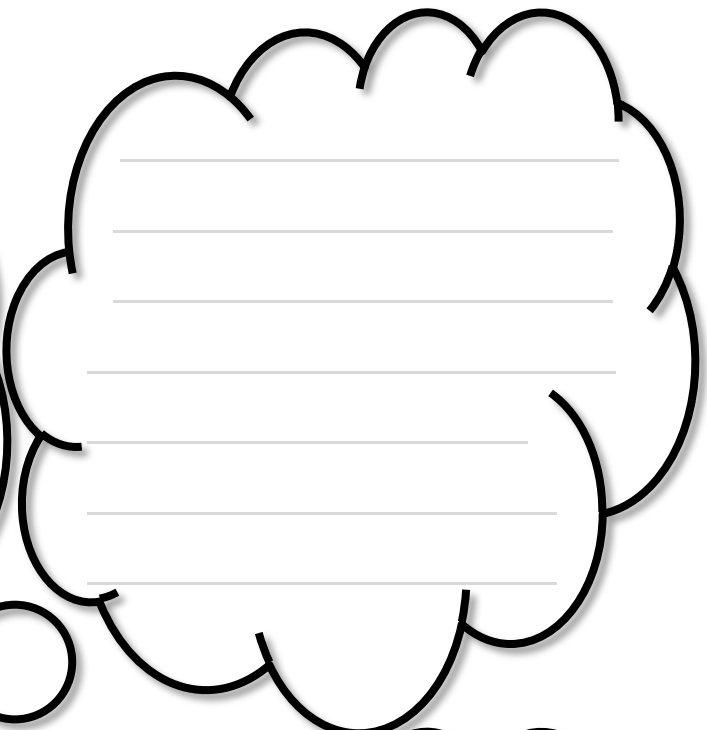
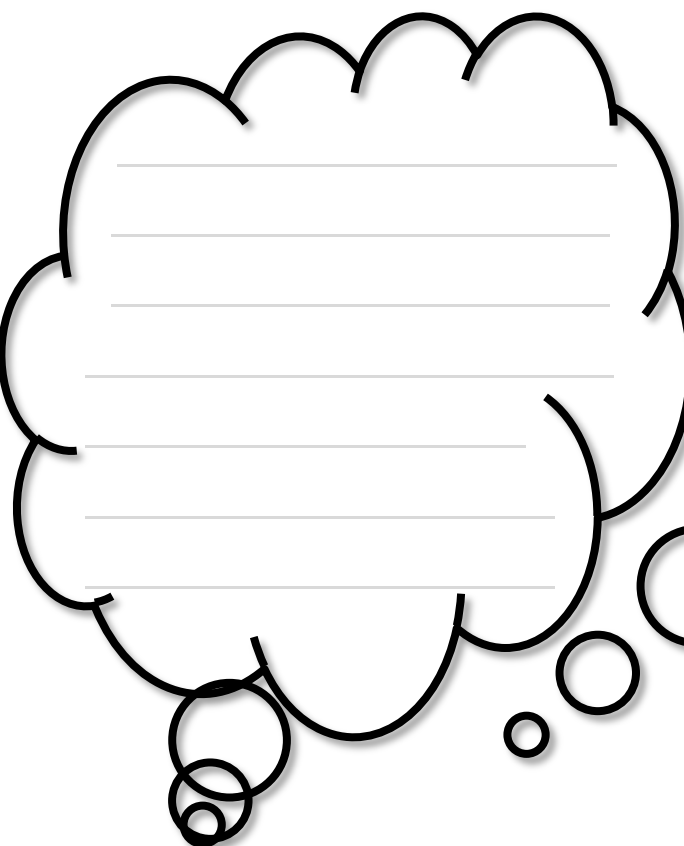
\_\_\_\_\_

Draw what  
your face  
looked like



Name: \_\_\_\_\_

2. When I felt \_\_\_\_\_, these thoughts raced through my head:



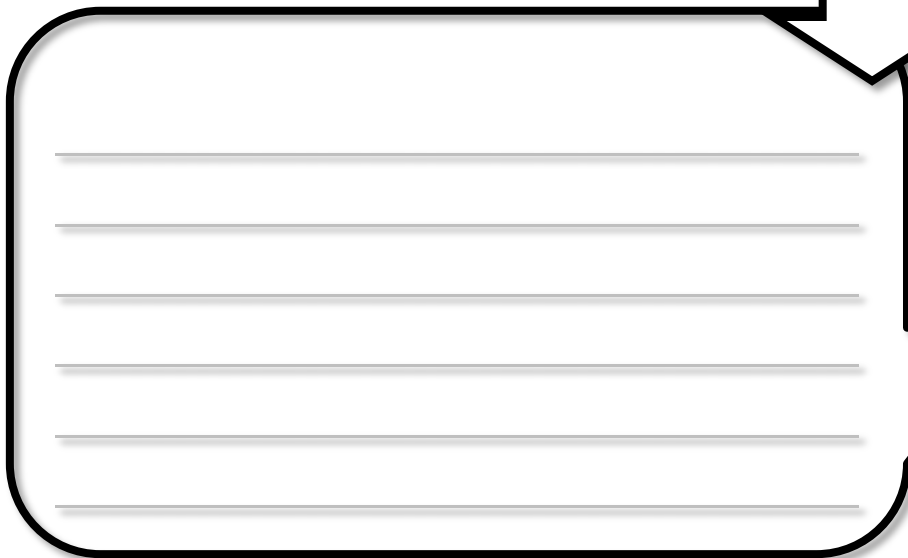
Name: \_\_\_\_\_

3. When I felt \_\_\_\_\_, I *DID* these things:



4. While I felt \_\_\_\_\_ here is what I SAID.

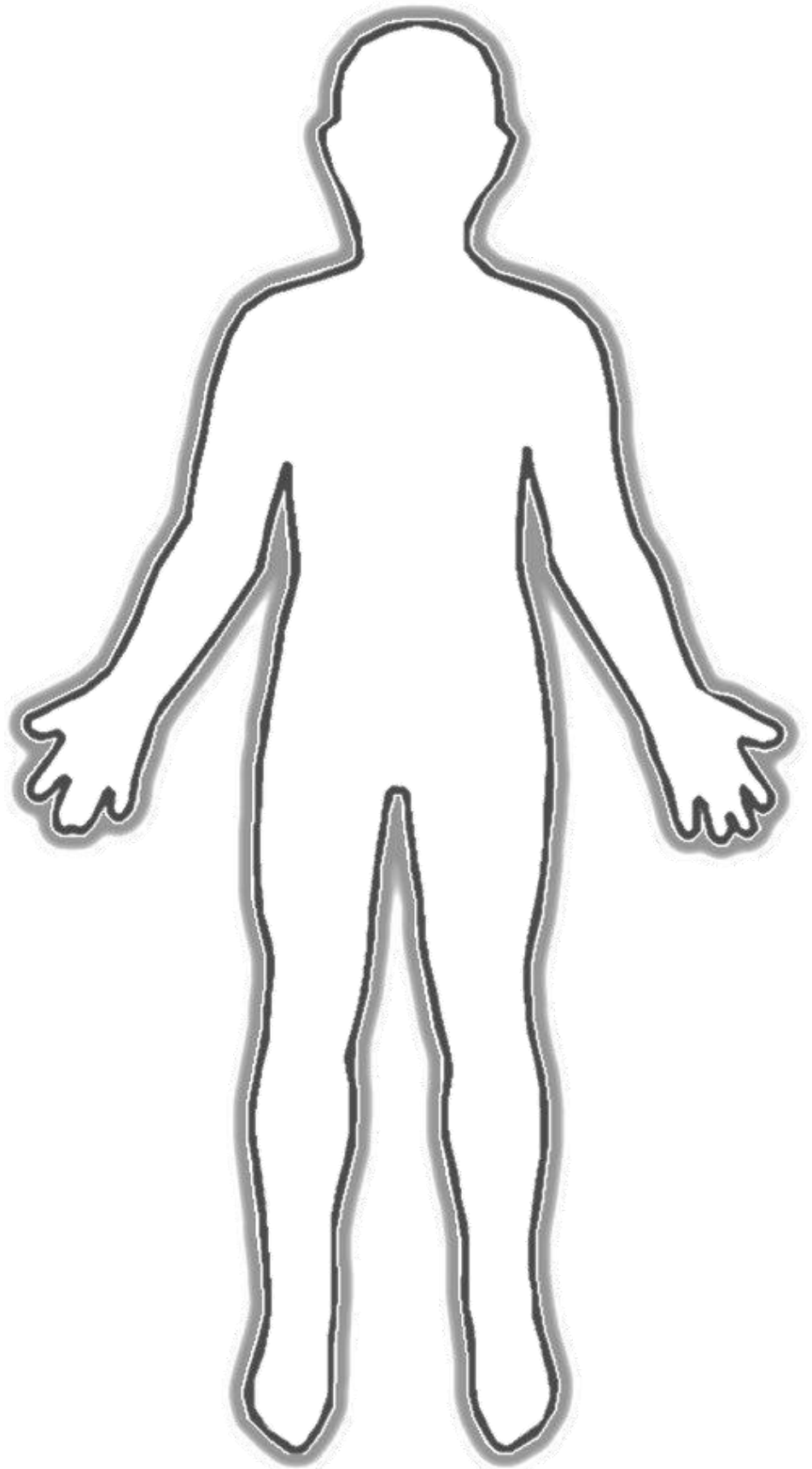
(Did it make it worse, or better?)



Name: \_\_\_\_\_

5. People can get upset in their bodies.

Put an X on the places that felt bad or different when you were upset.



Name: \_\_\_\_\_

# How to deal with it when I feel

\_\_\_\_\_

6. To fight the upsetting thoughts, I could have tried these thoughts instead:

The form consists of three large, cloud-shaped thought bubbles arranged in a descending staircase pattern. Each bubble contains five horizontal lines for writing. They are connected to a simple line drawing of a person's head and shoulders at the bottom left by a series of three small circles and two larger circles, representing the path of thought.



Name: \_\_\_\_\_

7. When I felt \_\_\_\_\_, here are some better things I could have SAID:

To get help:

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To let someone know how I feel:

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8. Something better I could have *DONE* when I was upset:

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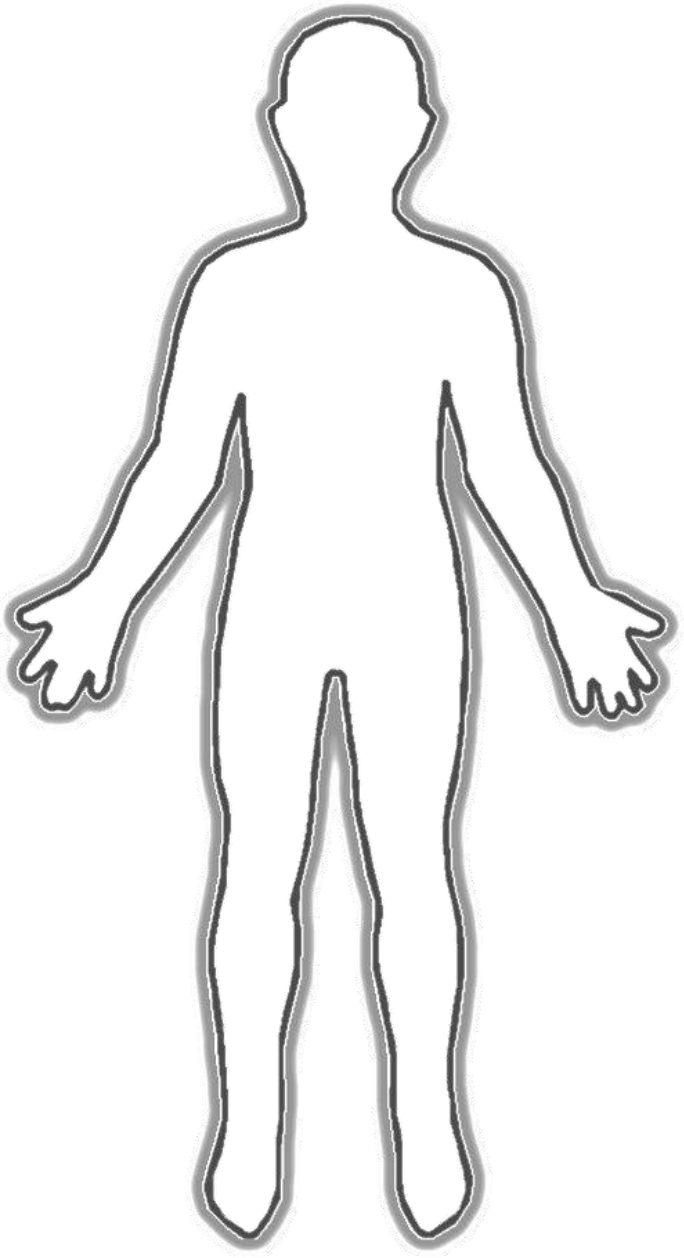
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Name: \_\_\_\_\_

9. Sometimes people can calm down their bodies when they are upset.

Think about the time you were upset. What things could you have done to calm down your body?



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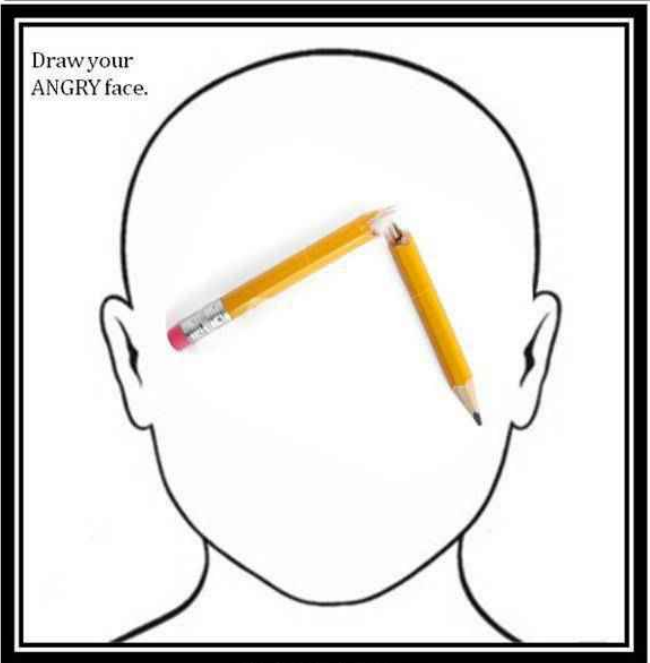
Set of worksheets emphasizing the emotion of anger

Name: Calvin

### When I was ANGRY

1. I felt ANGRY when they kept hitting me in dodgeball

Draw your ANGRY face.



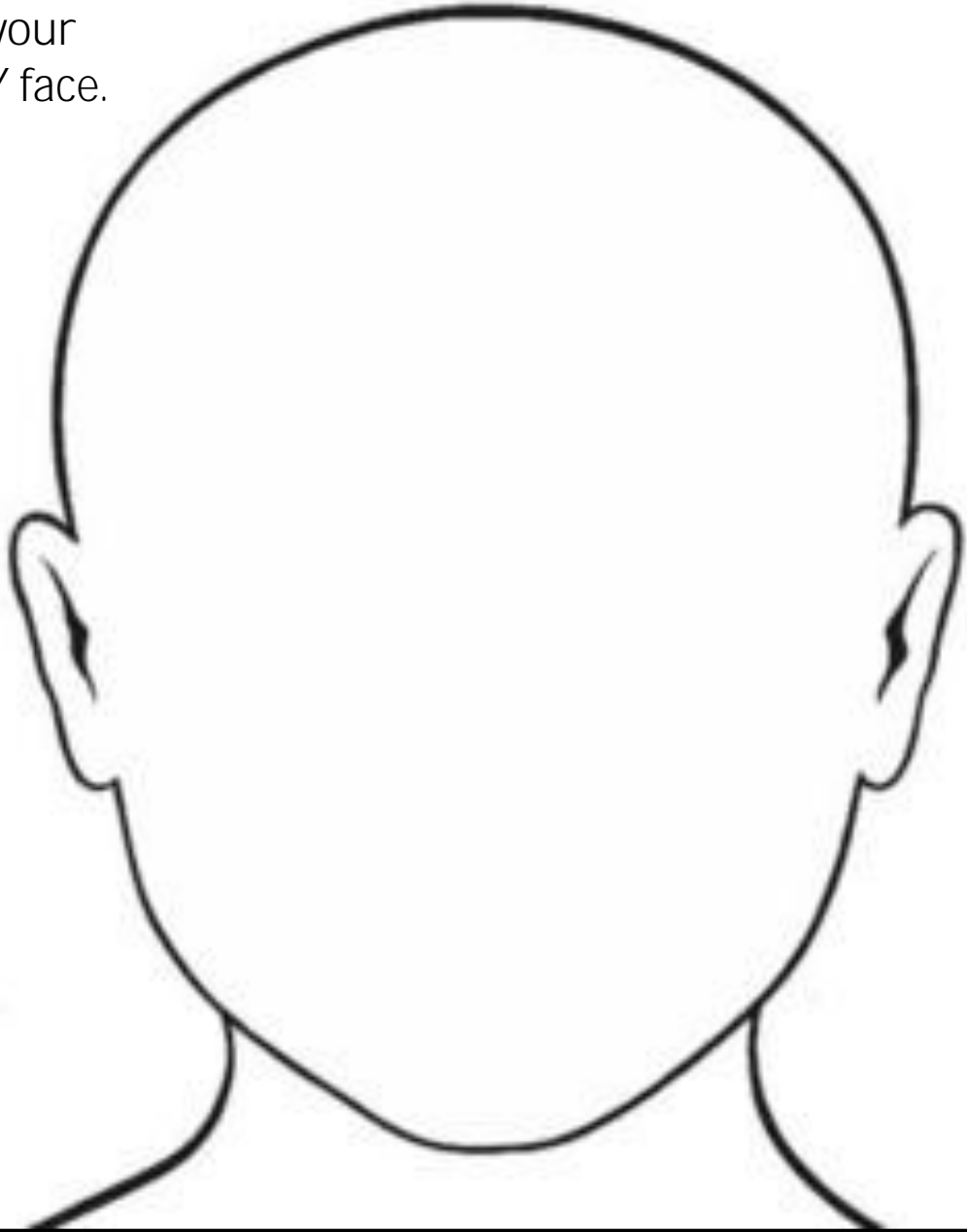
© 2011 Teaching Strategies, Inc.

Name: \_\_\_\_\_

# When I was ANGRY

1. I felt ANGRY when \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

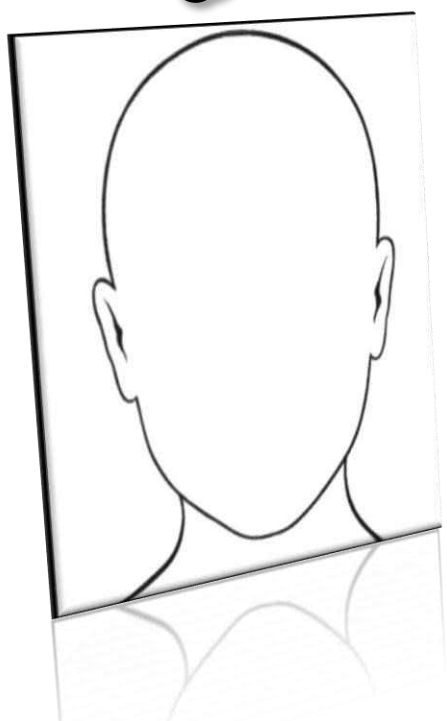
Draw your  
ANGRY face.



Name: \_\_\_\_\_

2. When I felt ANGRY, these thoughts raced through my head:

Three thought bubbles of varying sizes, each containing five horizontal lines for writing. The bubbles are connected by small circles, suggesting a sequence of thoughts.

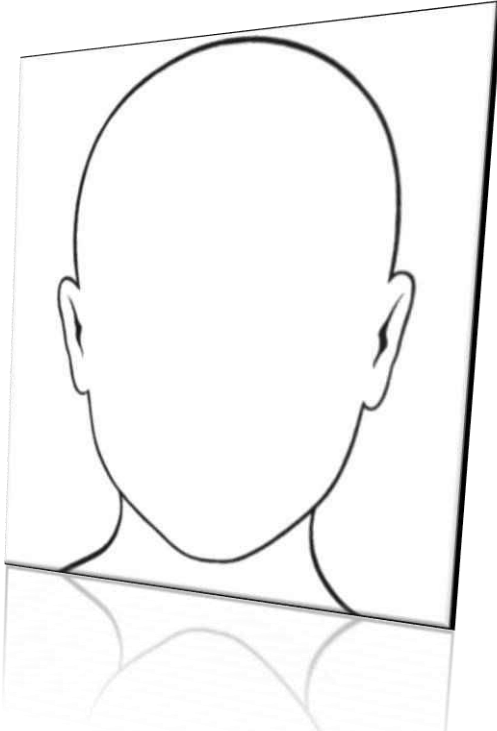


Name: \_\_\_\_\_

3. When I felt ANGRY, I SAID these things:



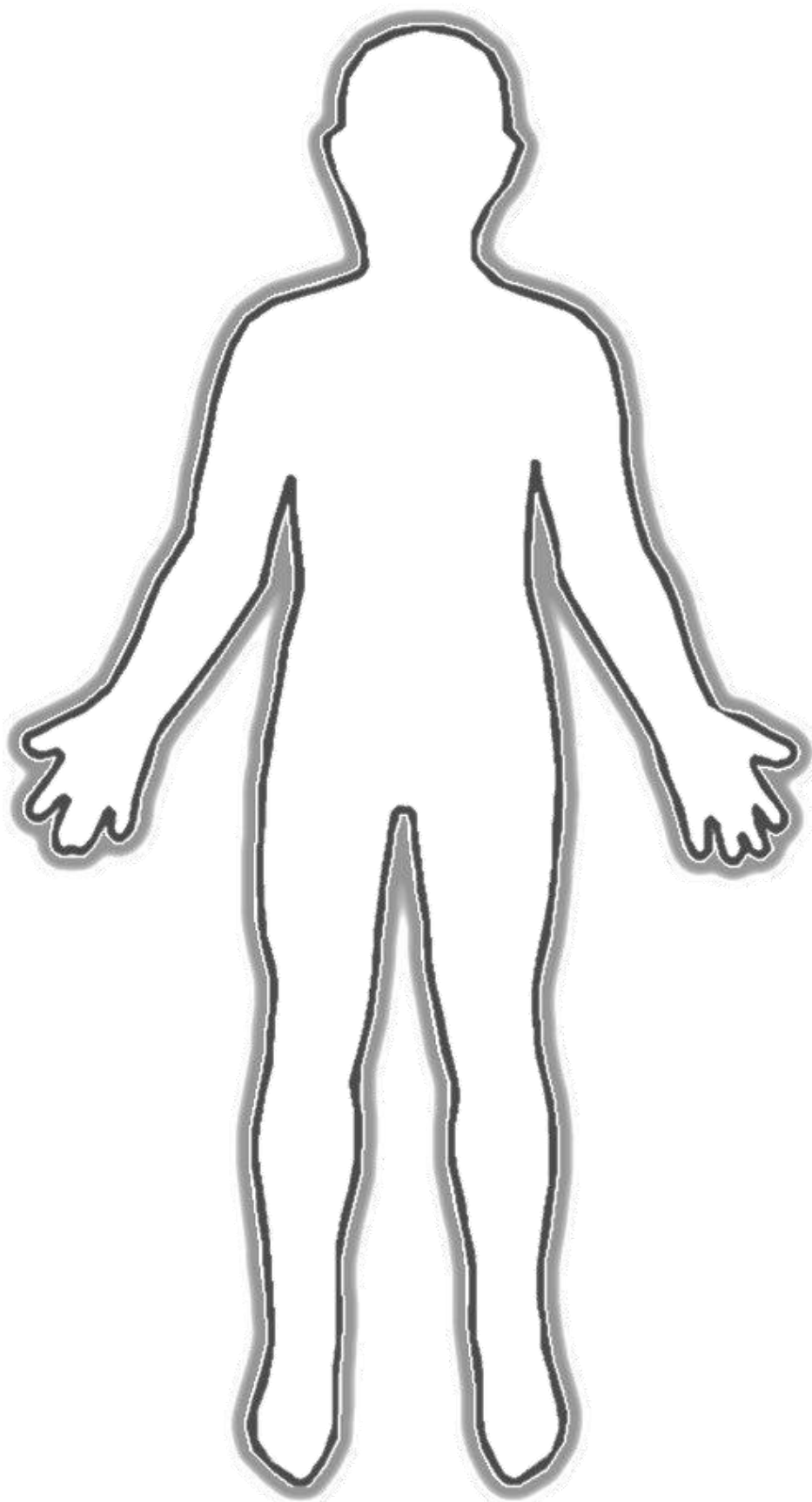
4. When I got angry, I did this



Name: \_\_\_\_\_

5. People can get upset in their bodies.

Put an X on the places that felt bad or different when you were angry.

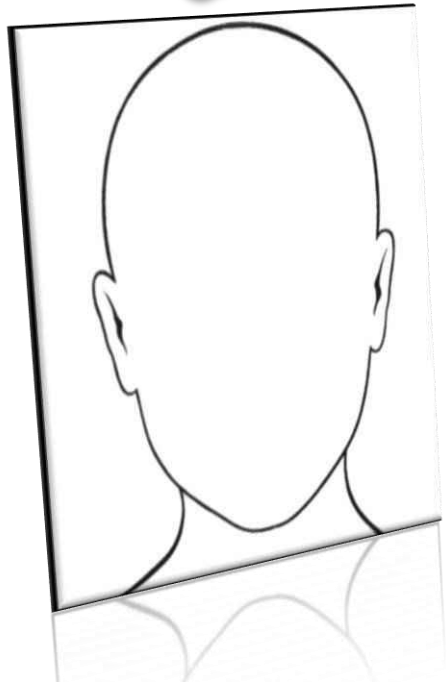


Name: \_\_\_\_\_

# Dealing with my anger

6. To fight the angry thoughts, I could have tried these thoughts instead:

Three large thought bubbles are arranged on the page. Each bubble has a scalloped border and contains five horizontal lines for writing. The bubbles are connected to a central point by three small circles of decreasing size, representing a thought process.





Name: \_\_\_\_\_

7. Here are better things I could have *SAID* when I was angry.

To get help:

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To let someone know how I feel:

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8. Something better I could have *DONE* when I was angry:

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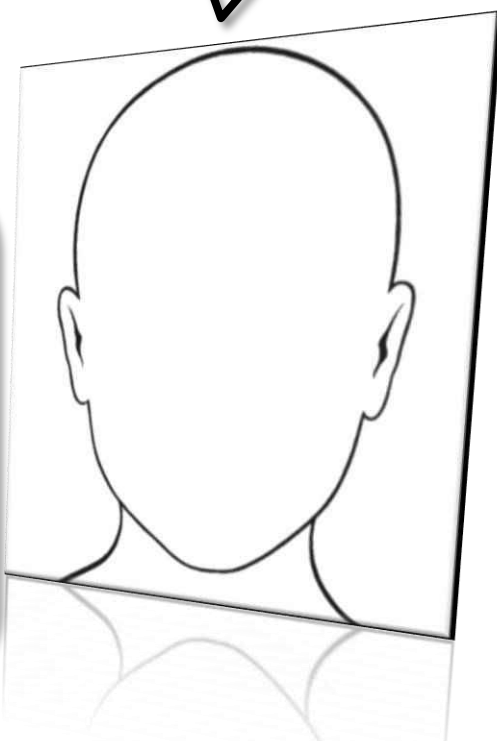
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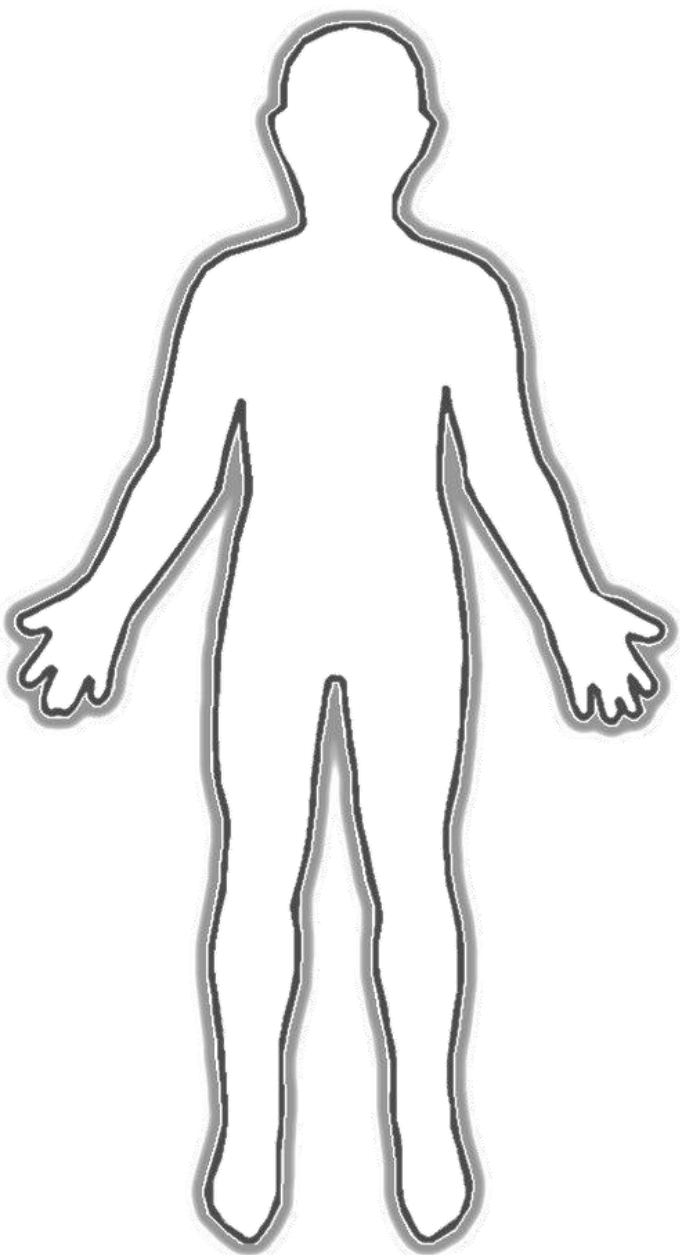
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Name: \_\_\_\_\_

9. Sometimes people can calm down their bodies when they are upset.

Think about the time you were angry. What things could you have done to calm down your body when you were angry?



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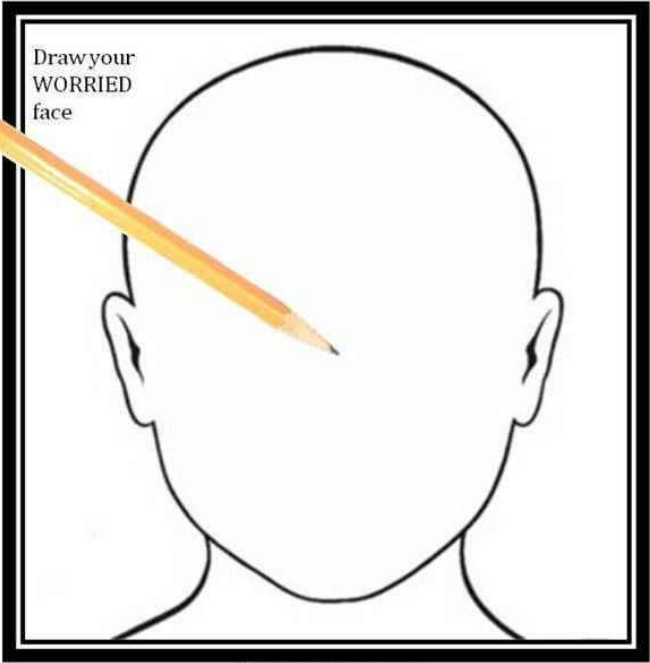
Set of worksheets emphasizing the emotion of anxiety

Name: Calvin

### When I was WORRIED

1. I felt WORRIED when I got to the party and I saw mac and cheese, I can't eat that!

Draw your WORRIED face



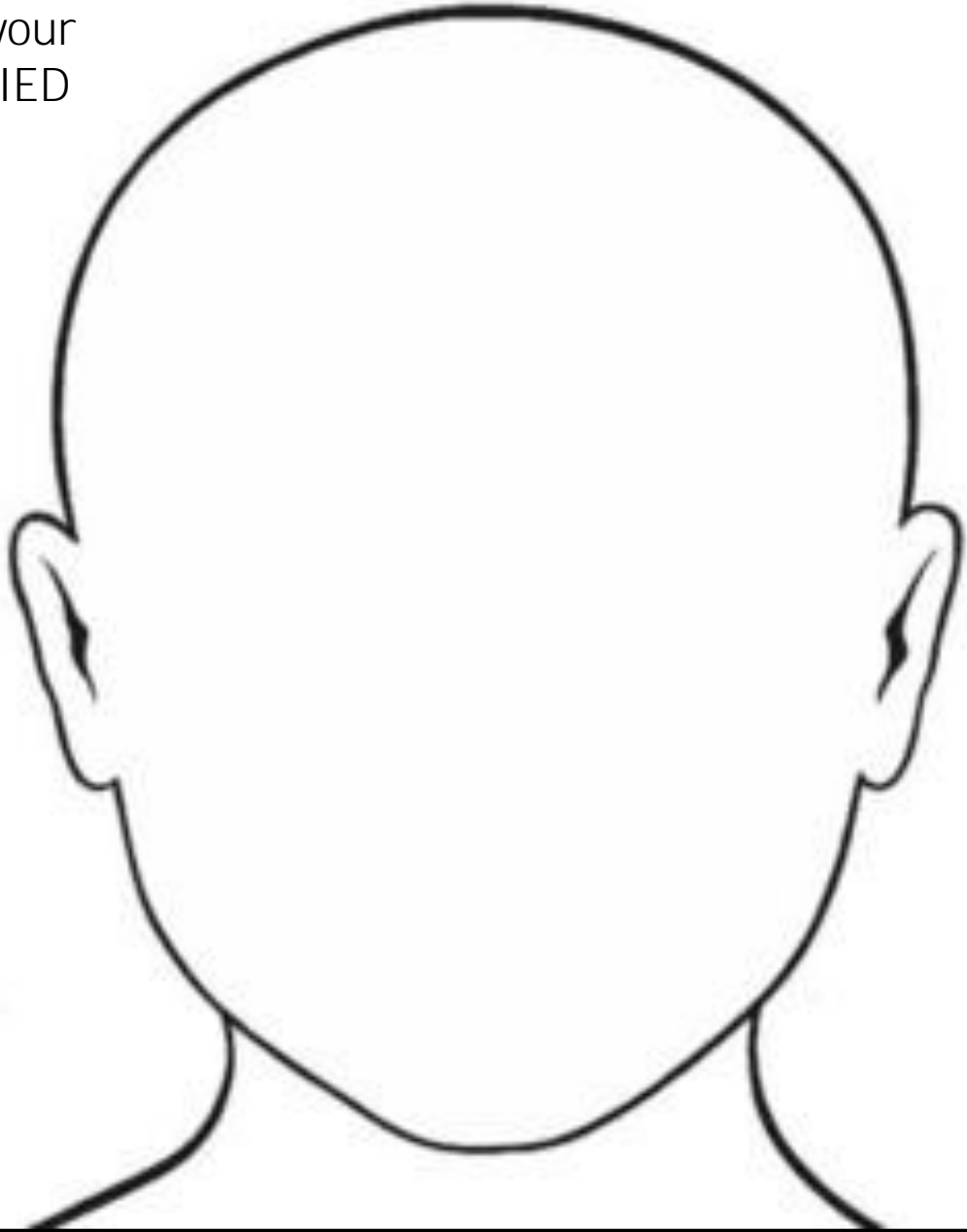
© directteachingstrategies.com

Name: \_\_\_\_\_

# When I was WORRIED

1. I felt WORRIED when \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Draw your  
WORRIED  
face



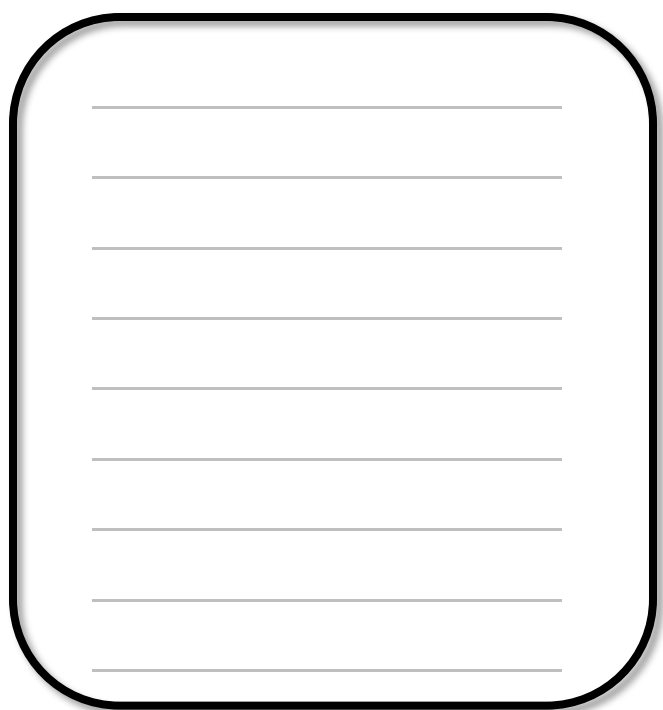
Name: \_\_\_\_\_

2. When I felt WORRIED, these thoughts raced through my head:

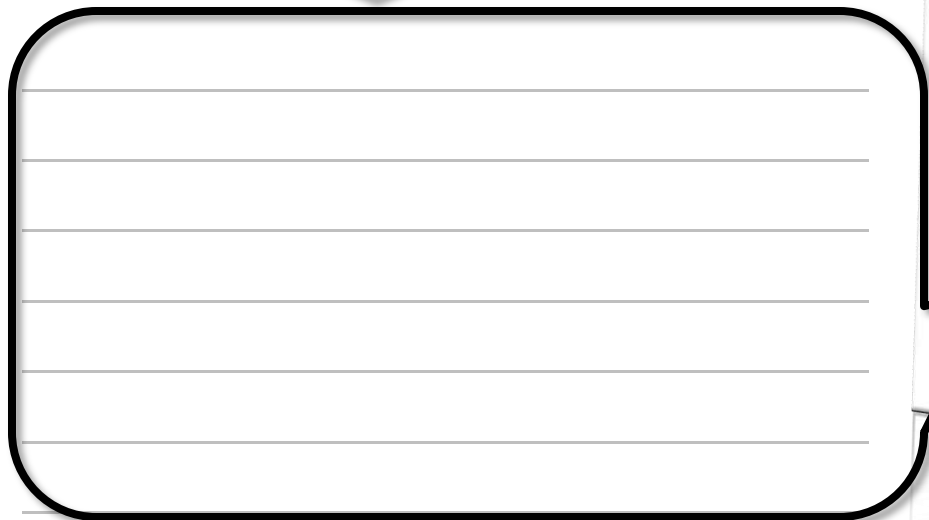
The form consists of three large, cloud-shaped thought bubbles arranged in a triangular pattern. Each bubble contains five horizontal lines for writing. The bubbles are connected to a central point by a series of small circles of decreasing size, leading to a rectangular box at the bottom left containing a simple line drawing of a person's head and shoulders, facing forward.

Name: \_\_\_\_\_

3. When I felt WORRIED, I *DID* these things:



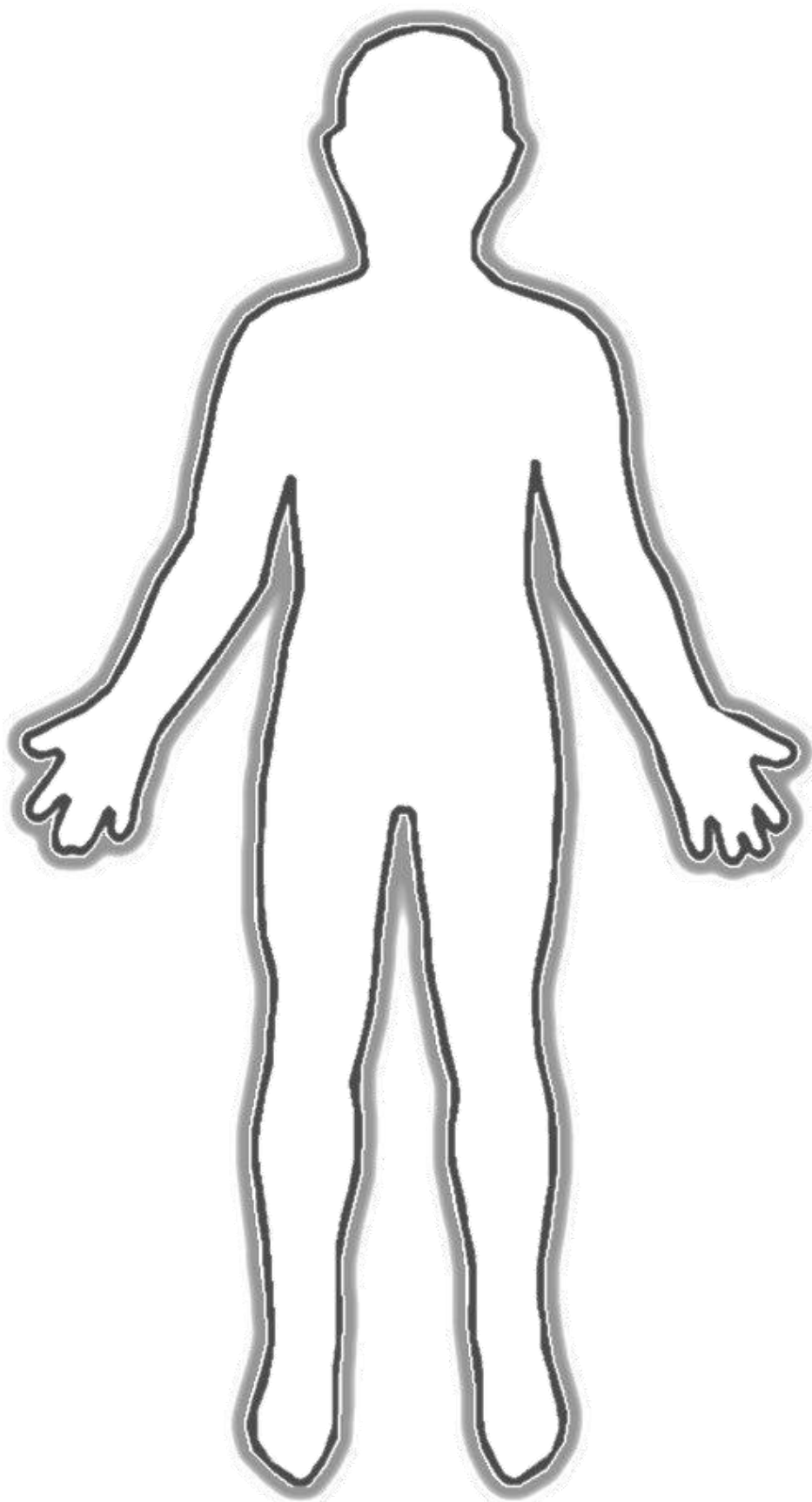
4. When I got worried, I SAID this



Name: \_\_\_\_\_

5. People can get upset in their bodies.

Put an X on the places that felt bad or different when you were WORRIED.

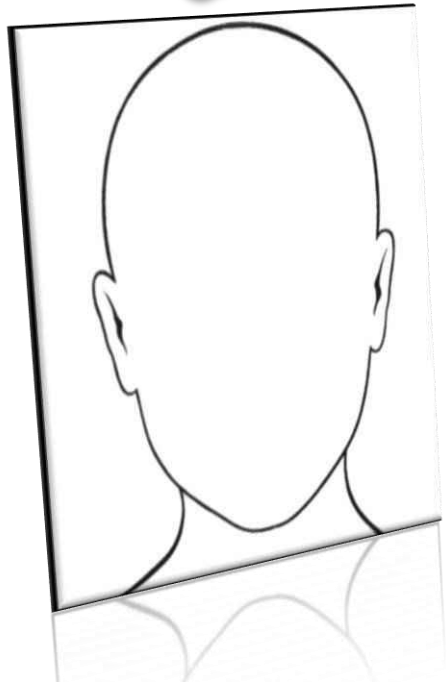


Name: \_\_\_\_\_

# Dealing with my worries

6. To fight the worried thoughts, I could have tried these thoughts instead:

Two large, cloud-shaped thought bubbles are positioned side-by-side. Each bubble contains five horizontal lines for writing. They are connected to the person's head by a series of smaller circles of decreasing size.



A third large, cloud-shaped thought bubble is positioned below the other two. It also contains five horizontal lines for writing and is connected to the person's head by a series of smaller circles of decreasing size.



Name: \_\_\_\_\_

7. Here are better things I could have *SAID* when I was worried:

To get help:

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To let someone know how I feel:

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8. Something better I could have *DONE* when I was worried:

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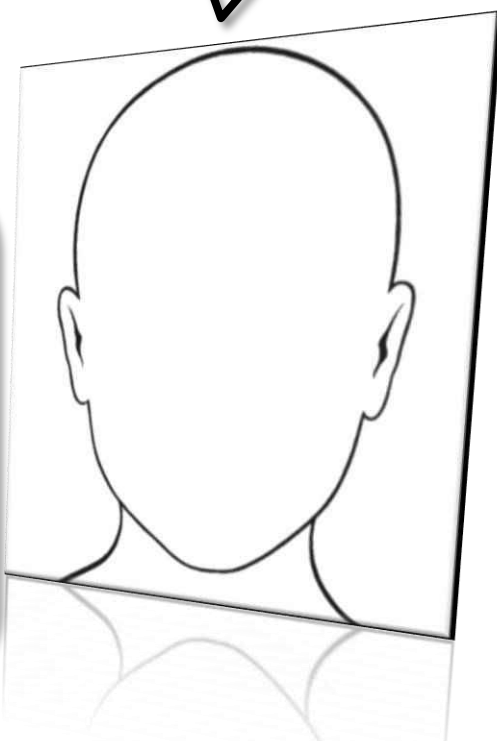
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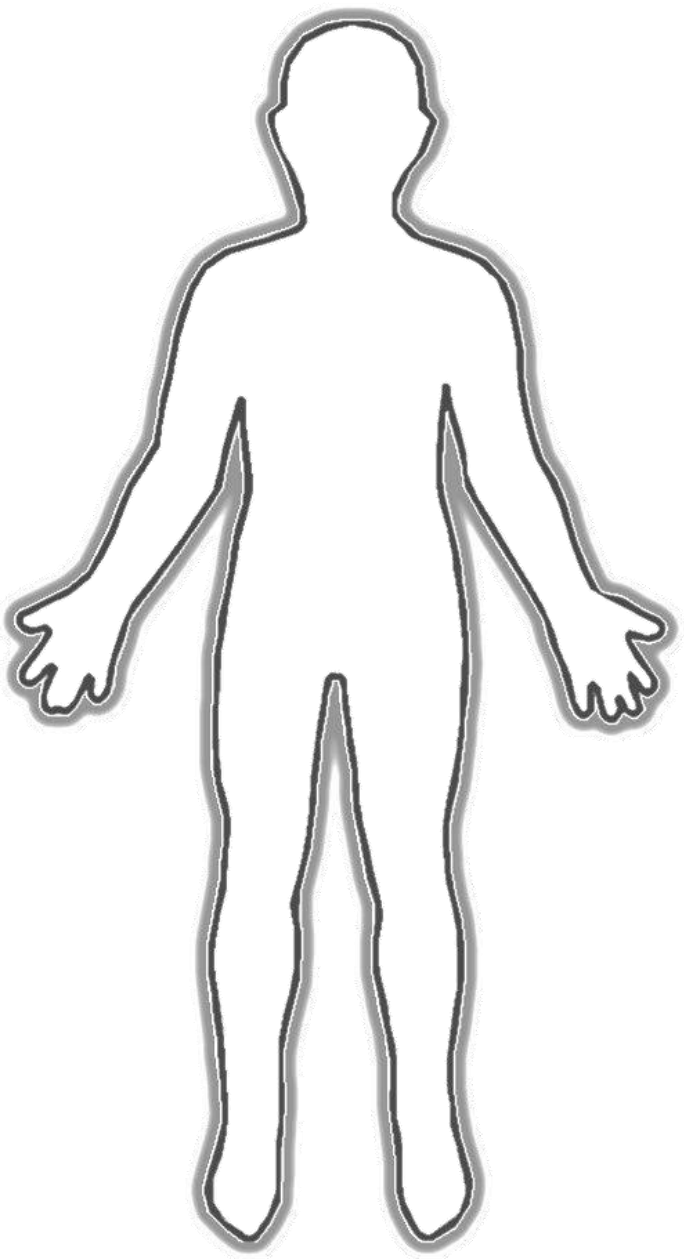
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Name: \_\_\_\_\_



9. Sometimes people can calm down their bodies when they are upset.

Think about the time you were worried. What are some things you could have done to calm down your body when you were worried?

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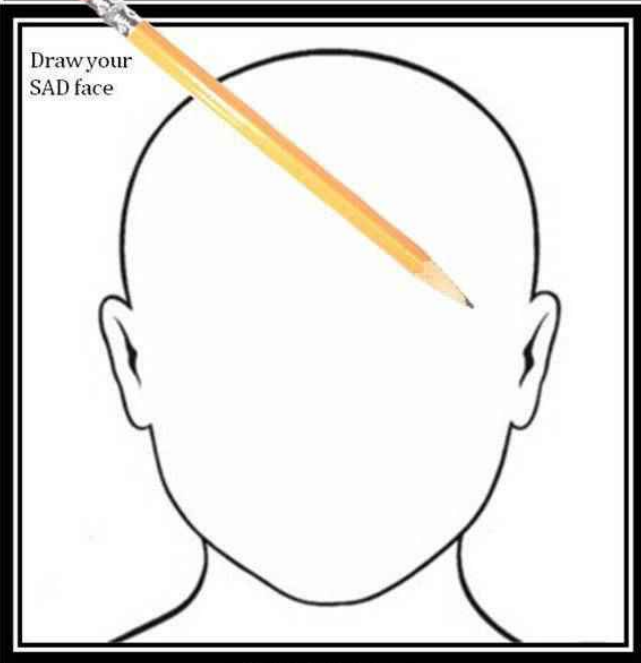
Set of worksheets emphasizing the emotion of sadness

Name: Calvin

### When I was SAD

1. I felt SAD when my best friend  
Alan moved, so now I  
will just be all alone

Draw your  
SAD face



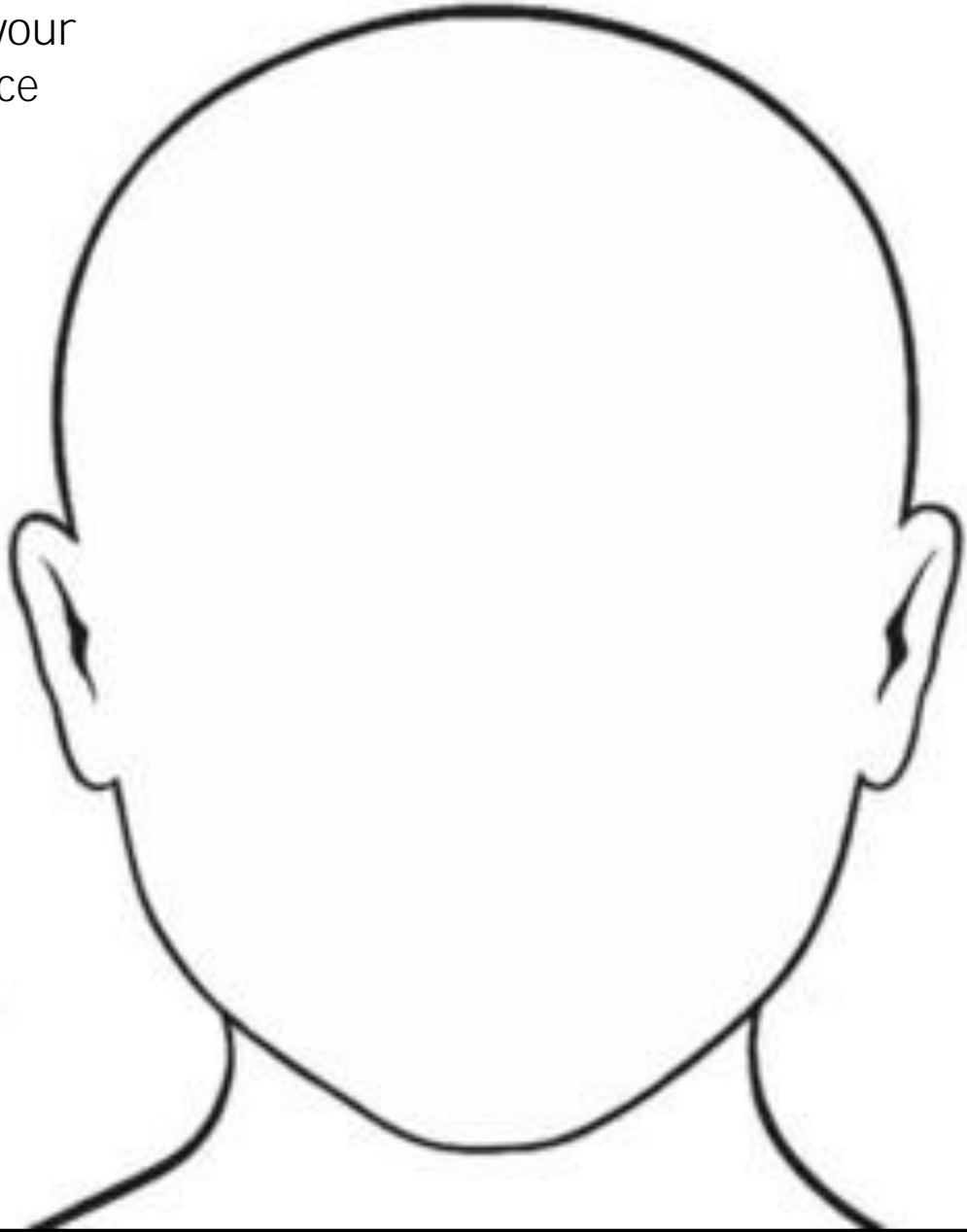
© allaboutteachingstrategies.com

Name: \_\_\_\_\_

# When I was SAD

1. I felt SAD when \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

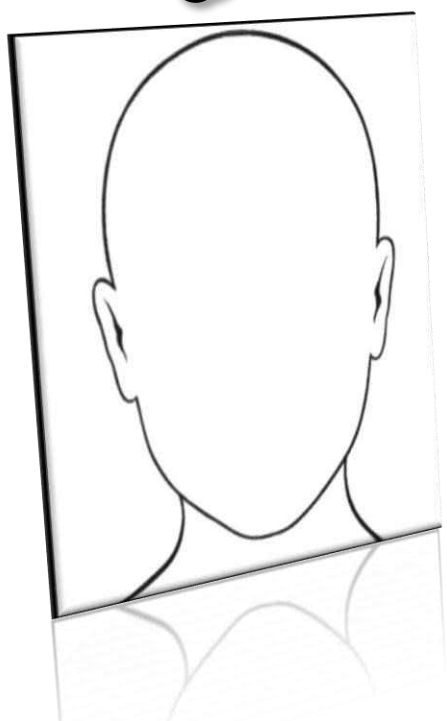
Draw your  
SAD face



Name: \_\_\_\_\_

2. When I felt SAD, these thoughts raced through my head:

Three large thought bubbles are arranged on the page. Each bubble has a scalloped, cloud-like border and contains five horizontal lines for writing. The bubbles are connected by a series of smaller circles of varying sizes, creating a trail from the bubbles towards the bottom left.



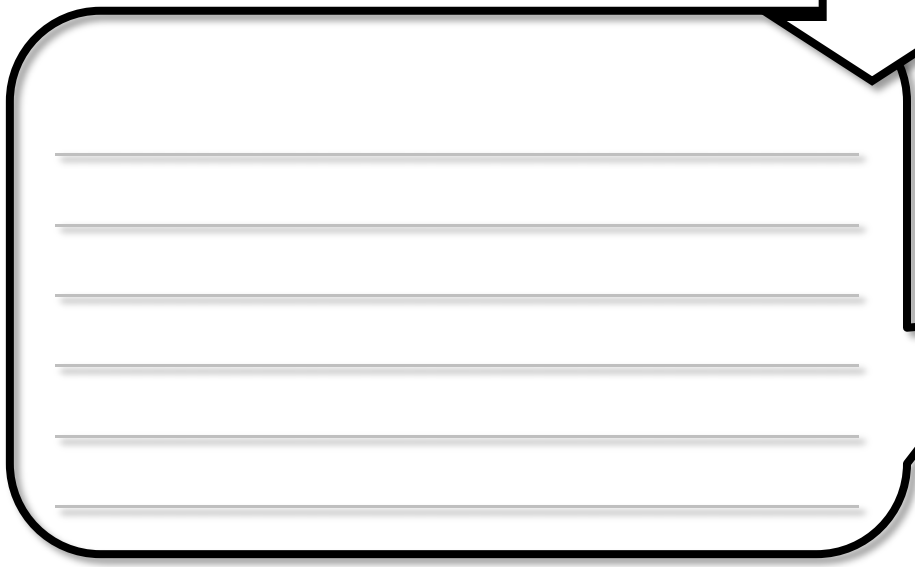
Name: \_\_\_\_\_

3. When I felt SAD, I *DID* these things:



4. While I was SAD, here is what I SAID.

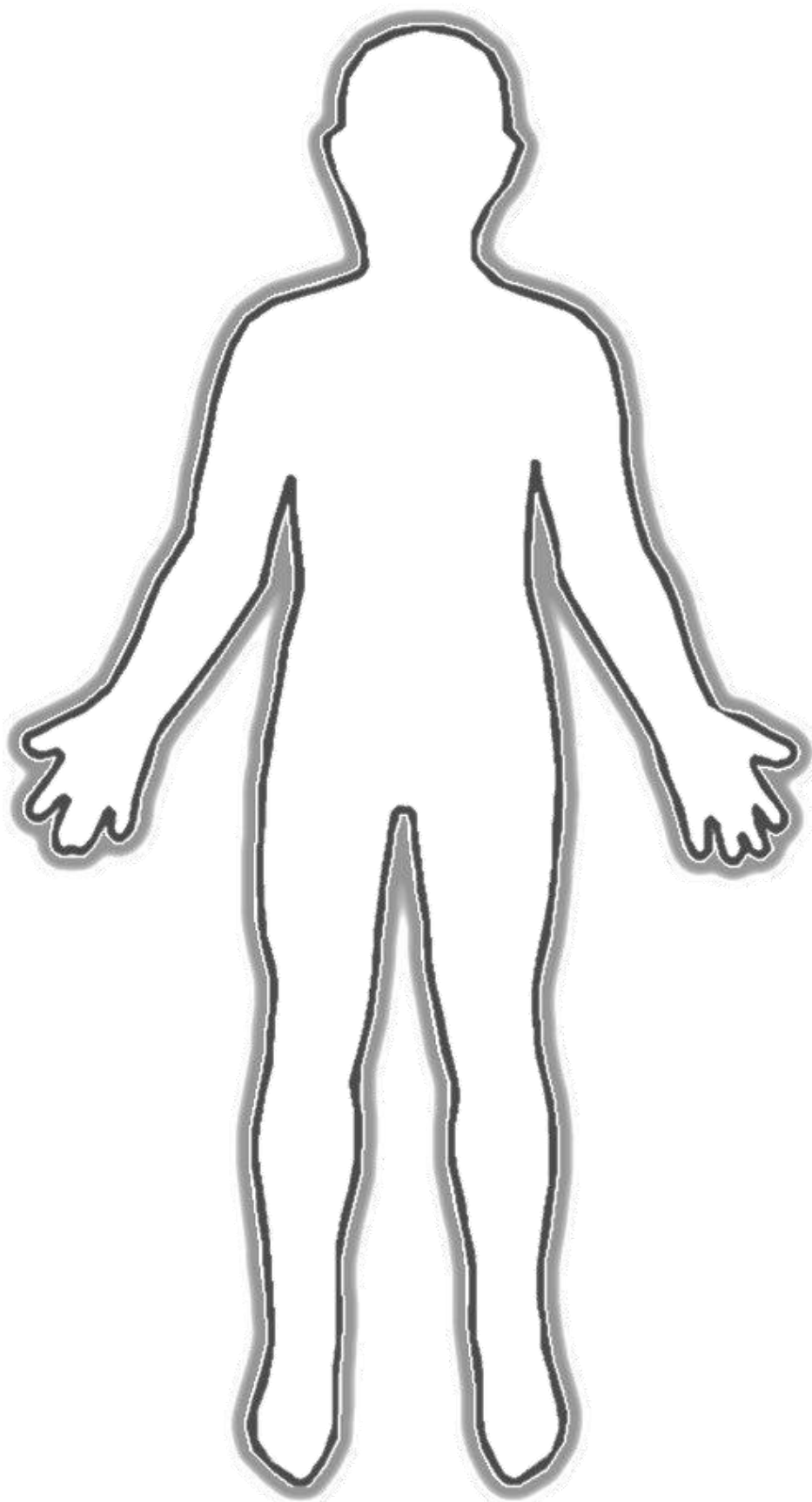
(Did it make it worse, or better?)



Name: \_\_\_\_\_

5. People can get upset in their bodies.

Put an X on the places that felt bad or different when you were SAD.

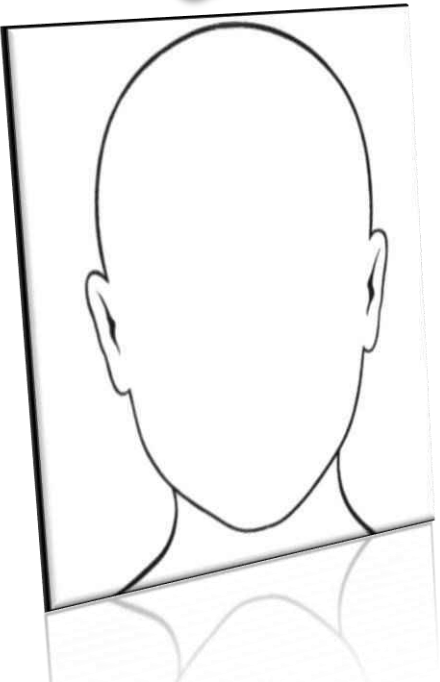


Name: \_\_\_\_\_

# Dealing with my sadness

6. To fight the sad thoughts, I could have tried these thoughts instead:

Three large thought bubbles with scalloped edges and horizontal lines inside, connected by smaller circles. The top-left bubble has five lines, the top-right bubble has five lines, and the bottom-right bubble has five lines.





Name: \_\_\_\_\_

7. Here are better things I could have *SAID* when I was sad:

To get help:

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To let someone know how I feel:

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8. Something better I could have *DONE* when I was sad:

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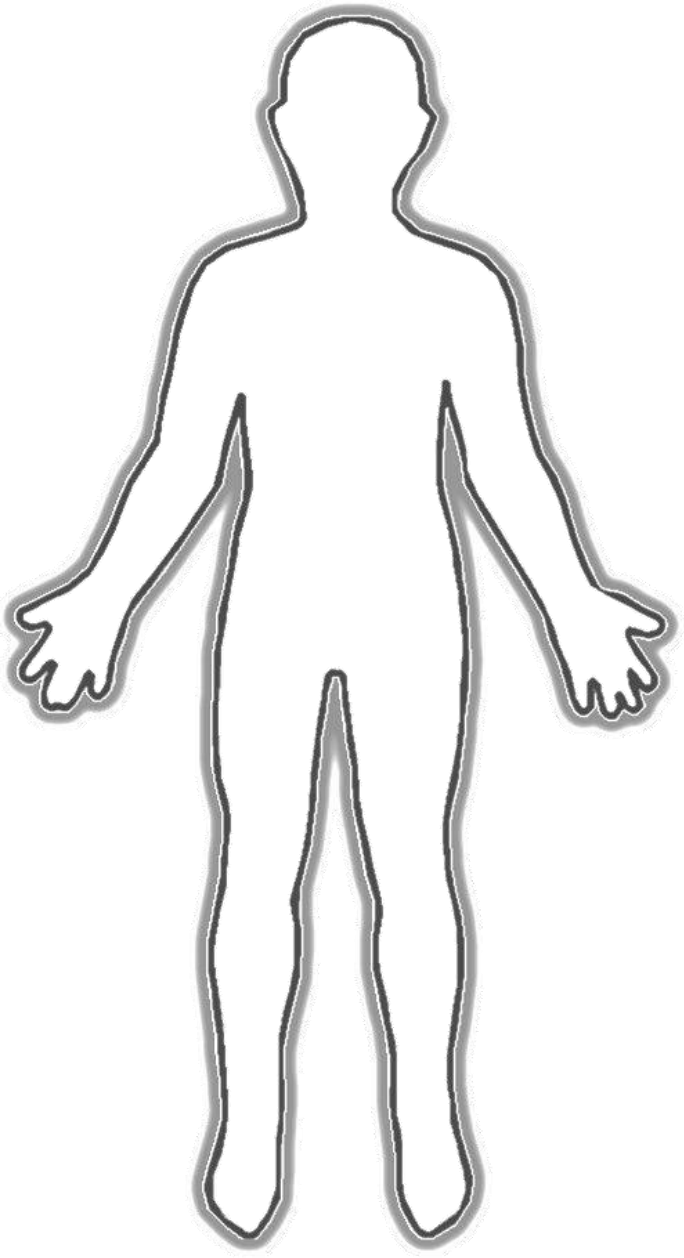
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Name: \_\_\_\_\_

9. Sometimes people can calm down their bodies when they are upset.



Think about the time you were sad. What things could you have done to calm down your body when you were sad?

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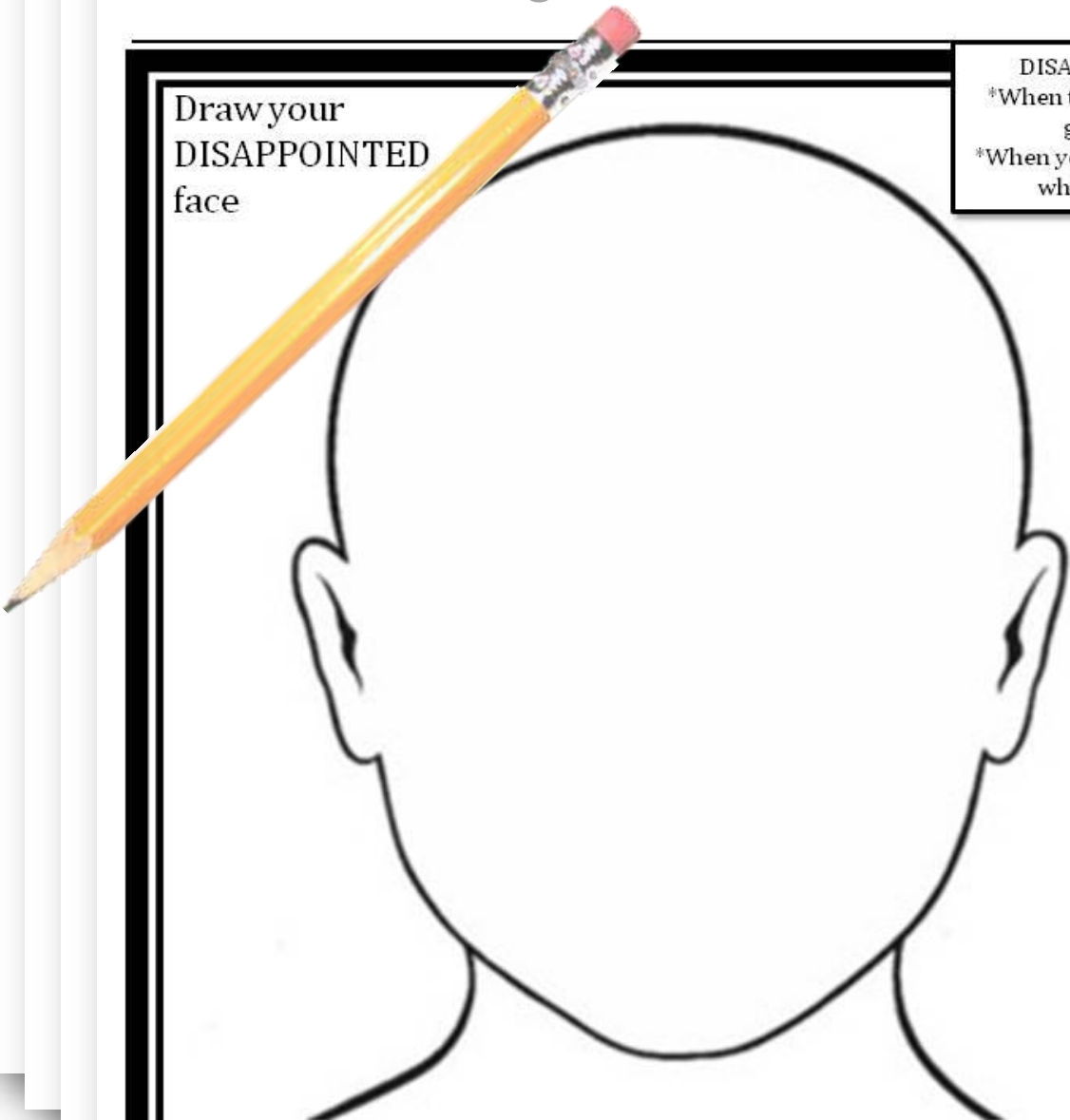
Name: Calvin

## When I was DISAPPOINTED

1. I felt DISAPPOINTED when grandma  
gave me a shirt instead of  
the video game I wanted

Draw your  
DISAPPOINTED  
face

DISAPPOINTED:  
\*When things don't  
go your way  
\*When you don't get  
what you want



Name: \_\_\_\_\_

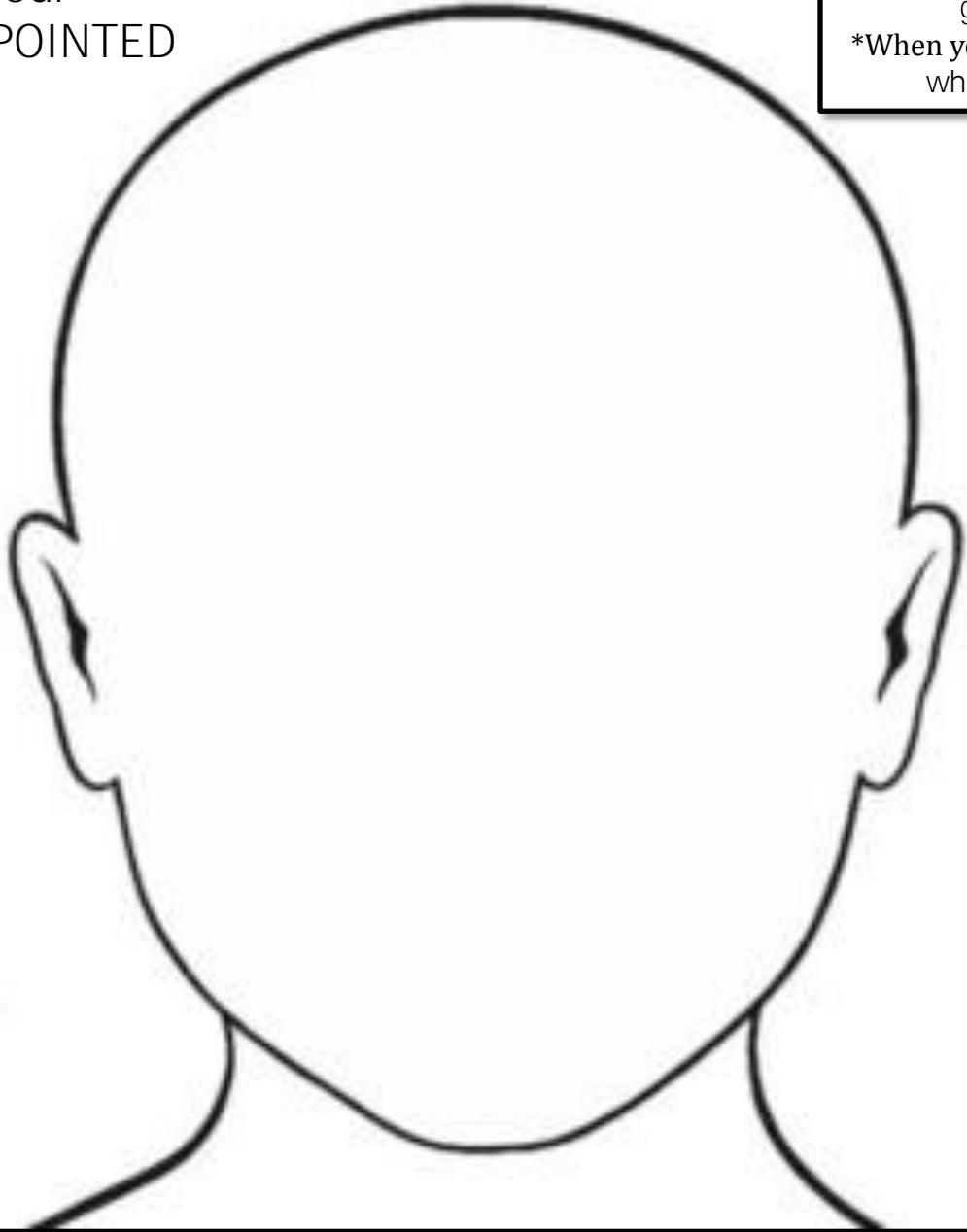
# When I was DISAPPPPOINTED

1. I felt DISAPPOINTED when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Draw your  
DISAPPOINTED  
face



DISAPPOINTED:  
\*When things don't  
go your way  
\*When you don't get  
what you want

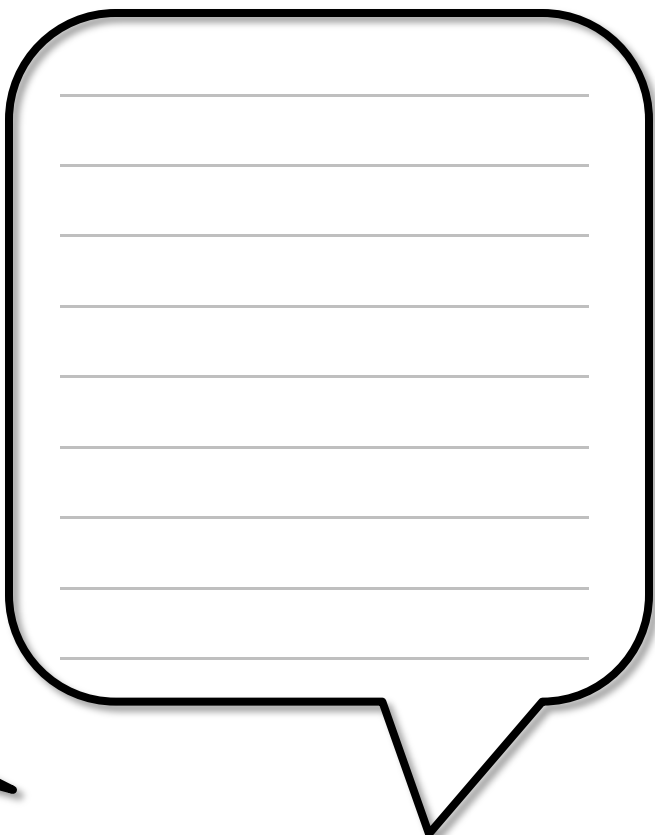
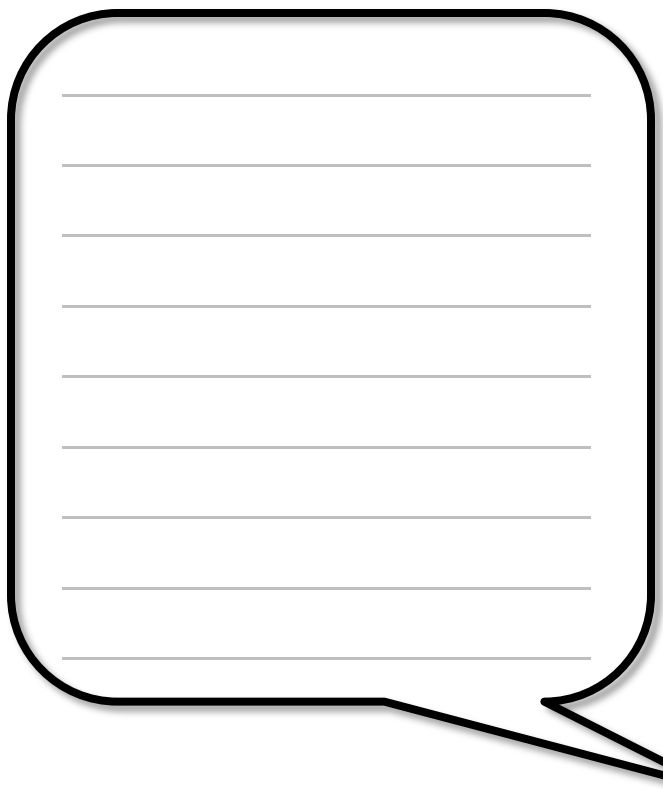
Name: \_\_\_\_\_

2. When I felt DISAPPOINTED, these thoughts raced through my head:

The form consists of three large, cloud-shaped thought bubbles arranged in a triangular pattern. Each bubble contains five horizontal lines for writing. The bubbles are connected to a simple line drawing of a person's head and shoulders, which is positioned in the bottom left corner. The connections are made through a series of small circles of varying sizes, representing the flow of thoughts from the person's mind into the bubbles.

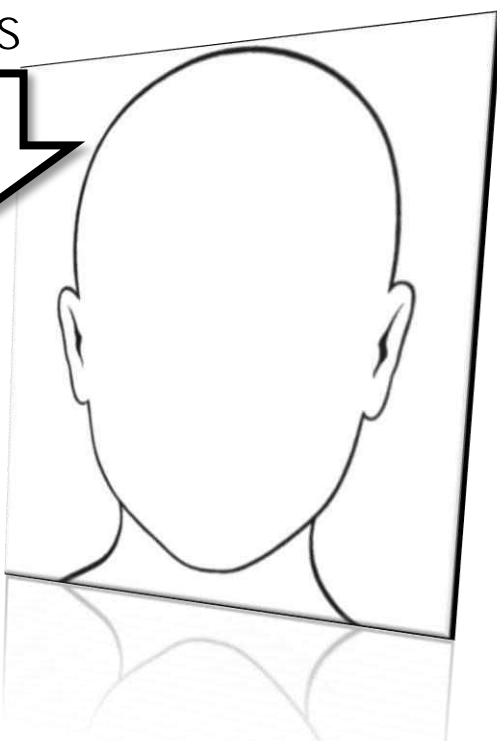
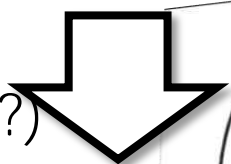
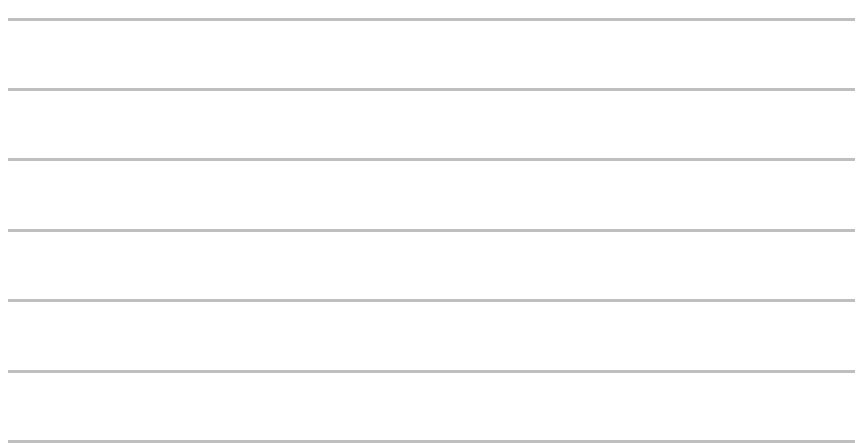
Name: \_\_\_\_\_

3. When I felt DISAPPOINTED, I SAID these things:



4. While I was disappointed, here is what I DID.

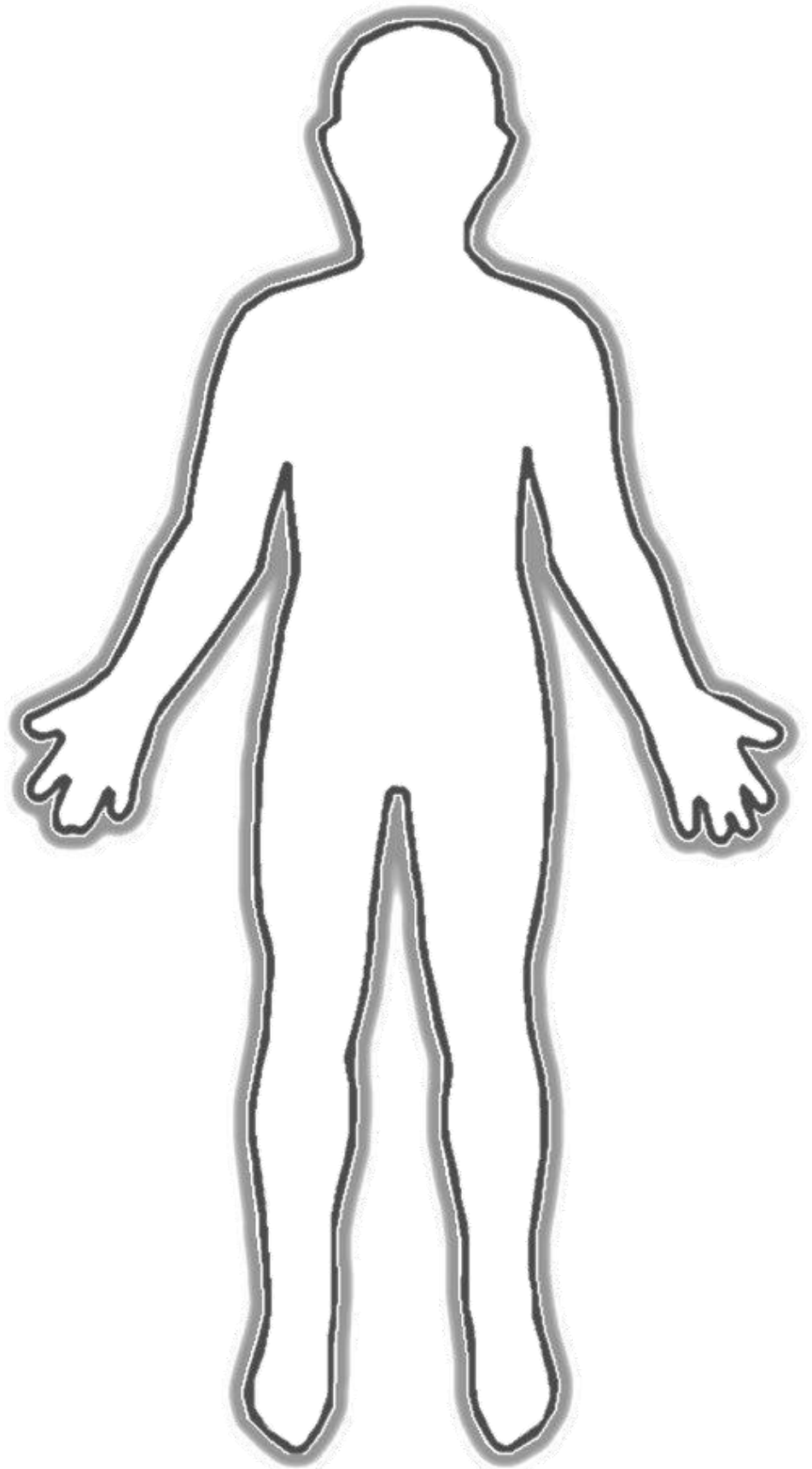
(Did it make it worse, or better?)



Name: \_\_\_\_\_

5. People can get upset in their bodies.

Put an X on the places that felt bad or different when you were DISAPPOINTED.

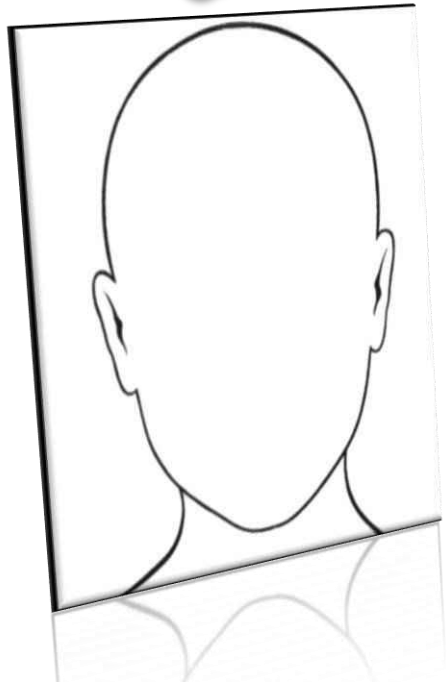


Name: \_\_\_\_\_

# Dealing with my disappointment

6. To fight the upset thoughts, I could have tried these thoughts instead:

Three large thought bubbles with scalloped edges and horizontal lines inside, connected to a central point by smaller circles. The bubbles are intended for writing alternative thoughts to fight disappointment.





Name: \_\_\_\_\_

7. Here are better things I could have *DONE* when I was disappointed:

To get help:

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To let someone know how I feel:

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8. Something better I could have *SAID* when I was disappointed:

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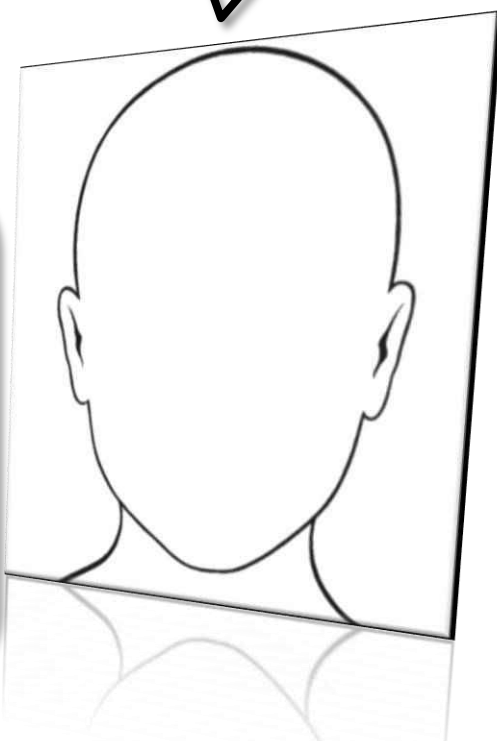
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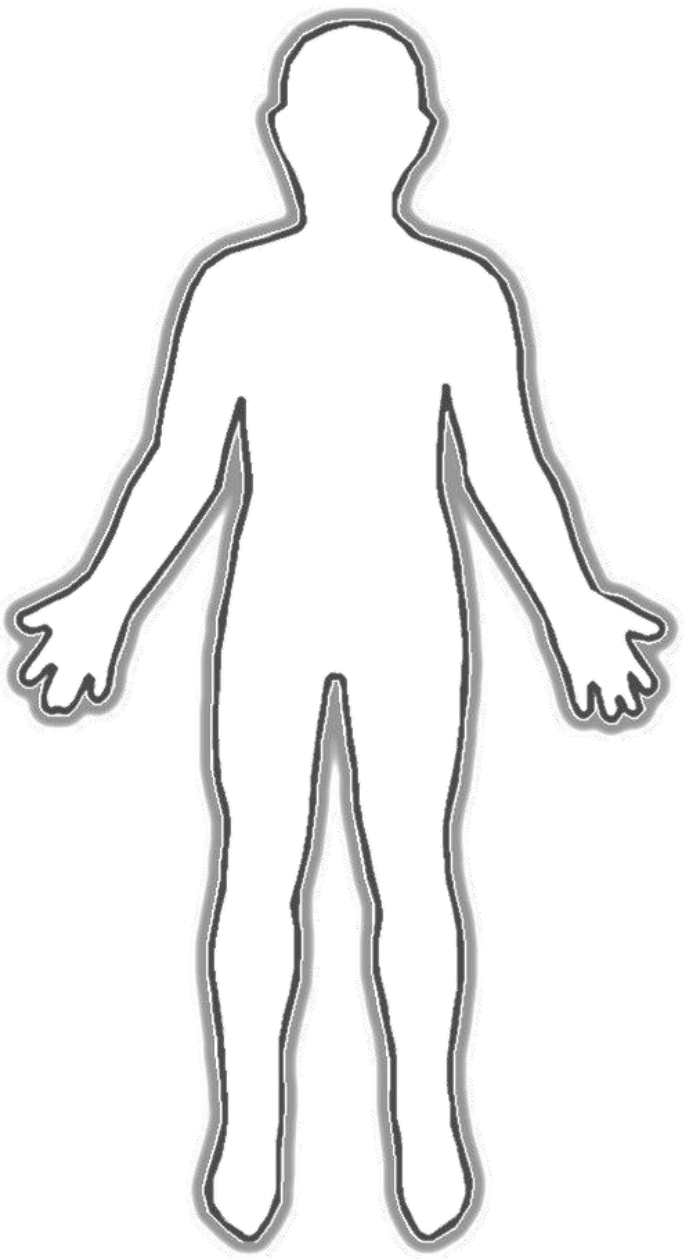
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Name: \_\_\_\_\_

9. Sometimes people can calm down their bodies when they are upset.



Think about the time you were disappointed. What things could you have done to calm down your body when you were disappointed?

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