

FREE

CBT WORKSHEET

**CBT Self-Help Form for
Clients Experiencing Anxiety**

John Ludgate, Ph.D.

*Effective and practical
printable tool for use
with your clients!*

CBT SELF-HELP FORM FOR CLIENTS EXPERIENCING ANXIETY

Ask yourself

What are my worrying thoughts? _____

Then ask yourself

Are the thoughts about the present or the future? _____

If the thoughts are about the present

- Are they true? _____
- Is there evidence to support these thoughts? _____
- Evidence against? _____
- How else might I think about this? How would someone else think? _____

If the thoughts are about the future

- Is this likely to happen? _____
- If it did, how bad would it be, what could I do? _____
- What physical feelings of anxiety am I having? _____
- How can I reduce these? (breathing, relaxation, distraction) _____

What do I need to do now?

To change/improve the situation _____

To move on (focus on something to distract myself, occupy my mind, write, talk to someone)

CBT FOR ANXIETY RECOMMENDED READINGS

Professional

- Beck, A.T., Emery, G., & Greenberg, R. (1985). *Anxiety disorders and phobias: A cognitive perspective*. New York: Basic.
- Butler, G., Fennell, M & Hackman, A. (2010) *Cognitive Behavioral Therapy for Anxiety Disorders*. Guilford.
- Chorpita B. (2007) *Modular Cognitive Behavioral Therapy for Childhood Anxiety Disorders*. Guilford.
- Clark, D.A. & Beck, A. T. (2011) *Cognitive Therapy of Anxiety Disorders: Science and Practice*. Guilford.
- Kendall, P. (1992) CBT for anxious youth.

Self-help

- Antony, Martin M., et al. (2009). *The Anti-Anxiety Workbook: Proven strategies To Overcome Worry, Phobias, Panic and Obsessions*. New York: The Guilford Press.
- Bourne, E.J. (2015) *The Anxiety and Phobia Workbook*. New Harbinger.
- Barlow, D.. & Craske, M. G. (2000). *Therapy Works: Mastery of Your Anxiety and Panic Client Workbook for Anxiety and Panic*.
- Kendall, P. *The coping cat workbook*. Workbook Publishing
- Rapee, R. (2008) *Helping your anxious child*. New Harbinger

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