**CBT Worksheet**

Example:

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| My thoughts: | My Feelings from the thoughts: | My challenges to my thoughts: | My feelings after challenging my thoughts: |
| *I’m really worried we might get burgled again.* | *I feel worried, tense anxious – the feeling is 90% intensity.* | *Chances of being burgled again are low, we have new locks* | *Anxiety intensity has gone down – it’s now 20%.* |

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