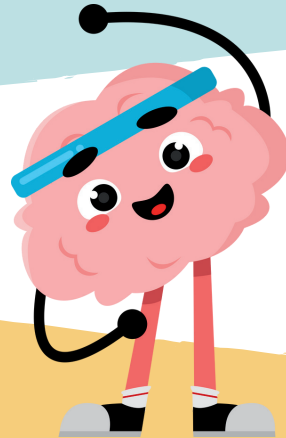


THE
CBT

COGNITIVE BEHAVIOURAL TRAINING



WORKBOOK

FOR ADULTS AND CHILDREN

KEY WORDS

Cognitive: how we think and understand things with our brain

Distortion: when something is changed or bent out of shape, making it look different from reality

INTRODUCING CBT

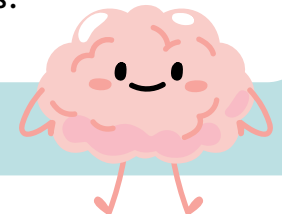
What is CBT?

Cognitive Behavioral Training (CBT) is a practical approach to understanding how our thoughts, feelings, and behaviours are all connected. It helps us recognize negative thought patterns and learn ways to change them, leading to better emotional health and actions.

So, why should you learn about it?

Well, CBT can be super useful in everyday life! Whether you're feeling nervous before an exam or stressed about a misunderstanding with a friend, CBT gives you tools to manage those tricky emotions. It helps you challenge unhelpful thoughts and replace them with more balanced ones, making it easier to stay calm and in control.

In short, learning CBT can empower you to face life with more confidence and less stress.



THE COGNITIVE TRIANGLE

THE COGNITIVE TRIANGLE SHOWS HOW OUR THOUGHTS, FEELINGS, AND BEHAVIOURS ARE ALL CONNECTED

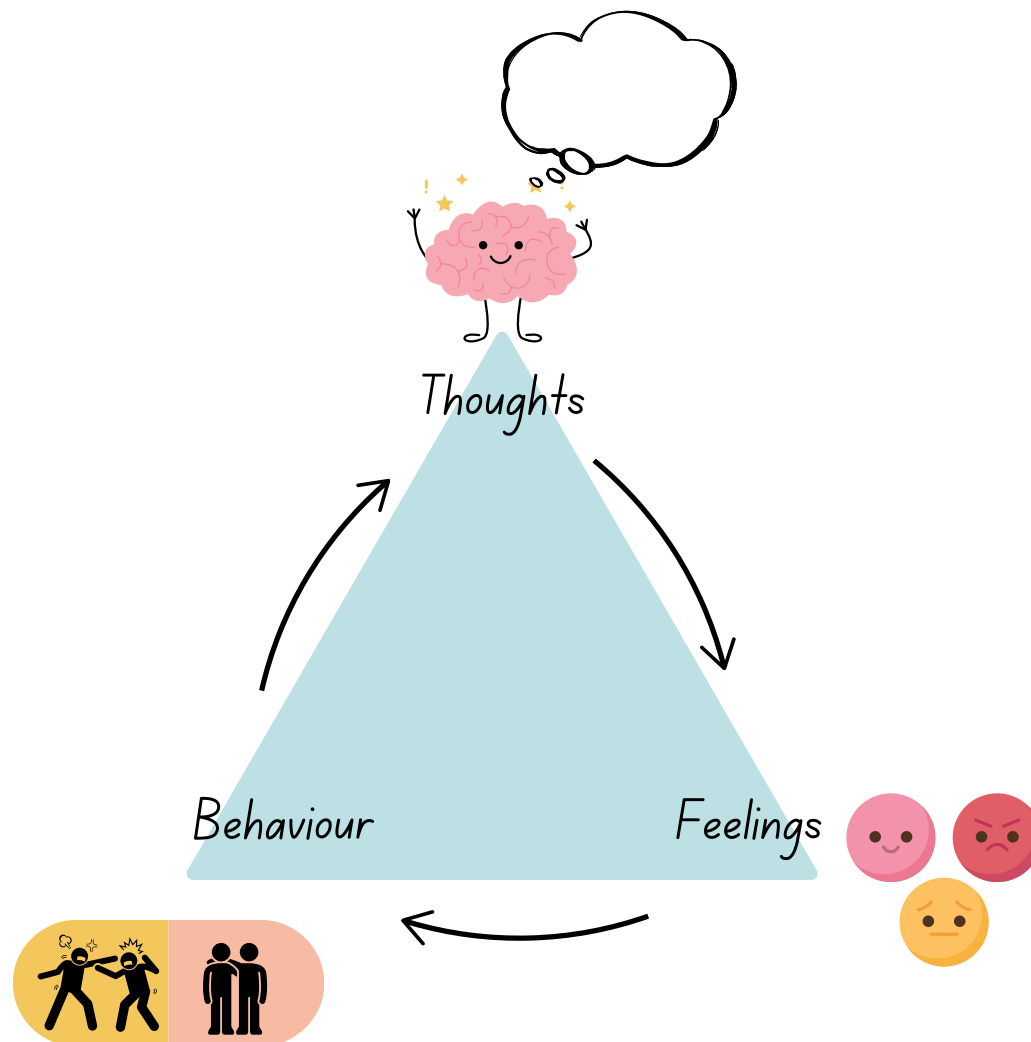
The Three Points of the CBT Triangle are:

- **Thoughts:** What we think about situations, ourselves, or the future
- **Feelings:** How we feel based on those thoughts (e.g., anxious, sad, happy)
- **Behaviours:** What we do as a result of our thoughts and feelings (e.g. avoiding, acting impulsively, or taking positive action)

Our thoughts, feelings, and behaviours are all connected. Recognizing this cycle can help break negative patterns.

In fact, by addressing just **one** part of the cycle, we can create positive change.

Next, we'll explore how to challenge negative thoughts by asking, "Is this thought true?" and "Is it helpful?" Spotting distortions in our thoughts helps change both our feelings and behaviours.



A Football Example!

Imagine a football player thinking, "I'm going to mess up!"

- This **thought** makes them **feel** nervous.
- Because they feel nervous, they **hesitate** when the ball comes their way.
- They miss the ball and **think**, "See? I knew I'd mess up!"
- This makes them **feel** even more nervous next time, leading them to play even more cautiously, reinforcing their negative thoughts.

But here's the good news... we can break the cycle! If the player changes their thought to "I'll try my best!", they'll feel more confident and play better.



COGNITIVE DISTORTIONS

Changing our feelings starts with changing our thoughts. Did you know your brain doesn't always tell you the truth? Look out for these distortions!

FORTUNE TELLING Thinking you can see into the future.	MIND READING Assuming you know what others are thinking.	SHOULD STATEMENTS Shoulda, woulda, coulda! Stop 'should' statements.	BLAME Blaming others or yourself when that's not fair.
MAGNIFICATION Turning small things into a big deal.	BLACK & WHITE THINKING Most things aren't black or white: "I didn't get top marks so I FAILED."	CATASTROPHISING Imagining the worst possible thing to happen.	MENTAL FILTER Dwelling on the negatives and not counting the positives.
OVER - GENERALISATION Seeing a negative event as a recurring pattern: "This <u>always</u> happens to me!"	PERSONALISATION You take things personally when it wasn't meant that way.	FEELINGS AS FACTS "I <u>feel</u> stupid, so that means I must <u>be</u> stupid."	LABELLING Instead of saying: 'I made a mistake' you say: 'I'm a loser.'

ALWAYS ASK YOURSELF TWO QUESTIONS:

Is my thought true?
Is my thought helpful?

REMEMBER! YOU CAN CHANGE THE WAY YOU FEEL BY CHANGING YOUR THOUGHTS



CAN YOU SPOT THE COGNITIVE DISTORTIONS IN THESE THOUGHTS?

Remember, a lot of the distortions will overlap! Circle the distortions in the thoughts and label them.

Mum always tells me off for not tidying my room!! She thinks I'm lazy and I'm not!! She's stupid!!

I'm going to do so badly at the piano recital! Everyone's going to laugh at me! I'm an idiot! I should have practised more!

My best friend didn't sit next to me on the bus. I must have done something wrong. Why doesn't she like me any more?

ARE THESE THOUGHTS HELPFUL? ARE THEY TRUE?
CAN YOU THINK OF ALTERNATIVE THOUGHTS WHICH ARE MORE HELPFUL AND REALISTIC?

REFRAMING THOUGHTS

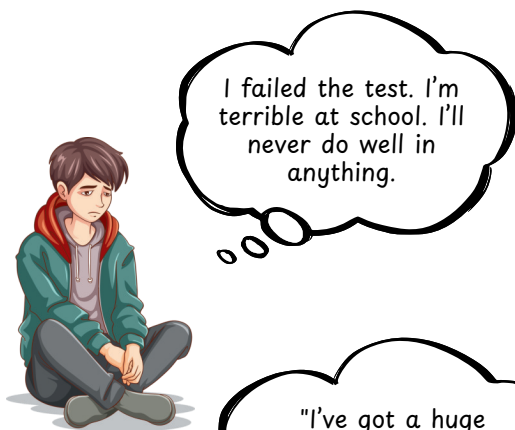
Once we've identified cognitive distortions, we can focus on replacing our unhelpful thought with a more helpful thought. The key with 'reframing' is to stay realistic and positive.

Now take a minute to look at the example opposite... The girl has spotted the distortions in her thinking - so what could her new thought be? She could think, "I'm so popular! Everybody likes me!" But is it realistic to be liked by everybody?

Here's a better reframing thought:

"Just because I haven't been asked to hang out lately doesn't mean people don't like me. Everyone has busy schedules. I can always reach out and make plans!"

Have a look at the thoughts below. Spot the distortions then have a go at creating a new, more helpful thought.



COGNITIVE DISTORTIONS





REFRAMING THOUGHT

EXAMPLE OF COGNITIVE DISTORTIONS

MIND READING
You don't know what other people are thinking

OVER-GENERALISATION
No one? Ever?
Is that true?

SELF-BLAME
Don't blame yourself for other people's actions

LABELLING
Terms like 'loser' draw on black & white thinking and never tell the full story. Would you use this term to describe someone else?

Thought bubble text: "No one ever wants to hang out with me. They think I'm boring. I'm a loser."

COGNITIVE DISTORTION WORKSHEET



NOT FEELING GREAT?
FILL OUT THIS WORKSHEET TO REBOOT
YOUR THOUGHTS AND FEELINGS!

Before you start, how do you feel? Rate your emotions out of 10.

I am feeling SAD: ____ ANGRY: ____ ANXIOUS: ____ EMBARRASSED: ____ FRUSTRATED: ____ GUILTY: ____ NERVOUS: ____

	WHAT'S YOUR THOUGHT?	COGNITIVE DISTORTIONS?	WHAT'S YOUR MORE HELPFUL THOUGHT?
Thought 1	_____ _____ _____	→ _____ _____ _____	→ _____ _____ _____
Thought 2	_____ _____ _____	→ _____ _____ _____	→ _____ _____ _____
Thought 3	_____ _____ _____	→ _____ _____ _____	→ _____ _____ _____

Finished? Do you feel a little better? Rate your emotions out of 10 again.

I am feeling SAD: ____ ANGRY: ____ ANXIOUS: ____ EMBARRASSED: ____ FRUSTRATED: ____ GUILTY: ____ NERVOUS: ____

- OVER-GENERALISATION** (with a red X icon): Turning a negative event into a pattern: "This always happens!"
- PERSONALISATION**: You take things personally when it wasn't meant that way.
- FEELINGS AS FACTS** (with a person icon): "I feel like an idiot so I must be one."
- LABELLING**: Instead of saying: 'I made a mistake' you say: 'I'm a loser.'
- MAGNIFICATION** (with a magnifying glass icon): Turning small things into a big deal.
- BLACK & WHITE THINKING** (with a cat icon): Most things aren't black or white - they're on the greyscale.
- CATASTROPHISING** (with a funnel icon): Imagining the worst possible thing to happen.
- MENTAL FILTER**: Dwelling on the negatives and not counting the positives.
- FORTUNE TELLING** (with a crystal ball icon): Thinking you can predict the future.
- MIND READING** (with a brain icon): Assuming you know what others are thinking.
- SHOULD STATEMENTS**: Shoulda, woulda, coulda! Stop 'should' statements.
- BLAME** (with a pointing hand icon): Blaming others or yourself when that's not fair.

WORKSHEET SMERKSHEET

Sometimes, emotions can be **overwhelming**, making it hard to focus on tasks like a worksheet. Whether you're in a fit of rage or experiencing anxiety or a panic attack, it's important to remember that these intense feelings **won't last forever**—and that you have **control** over them.

Here are some quick ways to **regain control** and calm down. (And once you feel up to it, do a worksheet!)

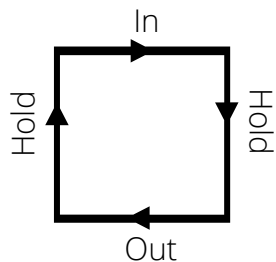
Help! My feelings are too **BIG** to do a worksheet!



BOX BREATHING

1. Breathe in through your nose for 4 seconds.
2. Hold your breath for 4 seconds.
3. Breathe out slowly through your mouth for 4 seconds.
4. Hold again for 4 seconds.

Do this 3 to 5 times. It helps you feel calm and less panicky.



GROUNDING

The 5-4-3-2-1 grounding exercise:

- 5 things you can see – Look around and name five things you can see.
- 4 things you can touch – Feel four different things around you.
- 3 things you can hear – Listen for three sounds.
- 2 things you can smell – Focus on two smells (if you can).
- 1 thing you can taste – Notice any taste in your mouth.

This helps you feel more in the moment and calm again.

DISTRACTION

When you feel really angry or worried, it can help to distract your mind for a bit.

You can try things like:

- Listening to music
- Playing with friends
- Going for a walk
- Counting to ten
- Drawing

These activities help you take a break from big feelings.

Even better, moving your body, like running or jumping, can help you feel better and clear your mind.

By doing something else, you can feel calmer and see things more clearly.

MUSCLE RELAXATION

- Sit or lie down comfortably
- **Make tight fists** with your hands. Hold for a few seconds, then let them go and relax.
- **Make your arms stiff.** Hold for a few seconds, then let them relax.
- **Shrug your shoulders** up to your ears. Hold, then let them drop and relax.
- **Scrunch up your face.** Hold, then let it go soft.
- **Stretch your legs out.** Hold, then let them relax.

Take a big breath and feel your body calm down!

Take note of what triggers negative feelings and notice what helps you feel relaxed. Music? Football? Talking to friends? Your favourite TV show? Try to incorporate things that make you happy into your everyday life.

KNOW YOURSELF

Knowing yourself is one of the most important things you can do.

It's about understanding what makes you feel happy, what brings you peace, and what drains you or makes you upset.

Does exercise help clear your mind? Does time on your phone leave you feeling anxious? The more you know what works for you, the better you'll be at looking after yourself and navigating life's challenges.

Take a moment to think about which activities have a positive or negative effect on your mood. Think carefully—staying up late might feel fun at the time, but how do you feel the next day? Similarly, junk food can be a treat, but does too much leave you feeling sluggish? Pay attention to how your choices impact your energy and emotions. Put a tick or a cross next to the activities you feel are good / bad for you.

- | | |
|-----------------------|-------------------------------|
| Watching TV | Scrolling / checking messages |
| Reading a book | Eating junk food |
| Going to bed late | Going for a walk |
| Hanging with a friend | Being by myself |
| Listening to music | Taking a bath / shower |
| Playing a sport | Having a tidy bedroom |
| Helping someone else | Getting up early |
| Writing a journal | Gaming |
| Homework | Playing an instrument |
| Dancing and singing | Sleeping |



FINAL NOTE

Well done for finishing this workbook!

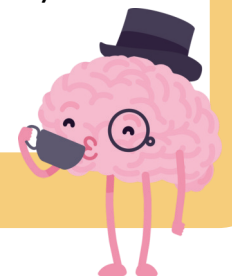
Remember, feelings aren't good or bad - they're just helpful or unhelpful. It's okay to feel angry, sad, or worried, but if those feelings make things harder, that's when you can change them.

As you keep going, ask yourself if your thoughts are really true. Always be on the look-out for cognitive distortions! Be kind to yourself, just like you would be to a friend.

Negative thoughts can come back - but that doesn't mean CBT isn't working! It just means it's time to try a worksheet again. The more you practice, the easier it gets! You don't need this workbook every time - just a pen and paper to keep practicing.

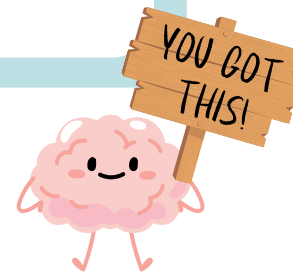
And remember - if you ever feel really sad, angry, or worried, it's really important to talk to someone you trust. There are people who care and are ready to listen.

You've got this!



**THIS WORKBOOK IS BASED ON THE WORK OF
DR AARON T. BECK, FATHER OF CBT, AND
DR DAVID BURNS, AUTHOR OF
'THE FEELING GOOD HANDBOOK'**

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**NEED HELP NOW?
REACH OUT TO AN ADULT YOU TRUST OR CALL ONE OF THE MANY
ORGANISATIONS OUT THERE TO SUPPORT YOU 24/7.**



Free, confidential, 24/7 text support service for anyone in the UK who is struggling



Free, confidential support and advice, 24 hours a day on 0800 1111



Free, confidential, 24/7 helpline for whatever you're going through on 116 123

IF SOMEONE'S LIFE IS IN IMMEDIATE DANGER, ALWAYS CALL 999.