

Cognitive Management

Reflect on how your problems started, how they were maintained, and what you learnt in therapy by using this cognitive management worksheet. Outline your motivations for improving your wellbeing and plan how to maintain the progress you have made. Highlight warning signs that are useful to watch out for.

What was the main problem?

What things did you do that kept the problem going? How did you think about things?

Label emotions and symptoms you have experienced.

Anxiousness

Tiredness

Sadness

Sleep disturbances

Increased heart rate

Headaches

Alcohol or drug use

Agitation

Withdrawing socially

Muscle aches

Concentration issues

Other

What did you do that made the problem worse?

Avoidance

Unhelpful
thinking patterns

Safety behaviours

Unhelpful beliefs

What thinking patterns were you automatically engaging in? What behaviours did you feel you needed to do?

How did you successfully handle thoughts and emotions?

What things have you learned about yourself? What strategies have you developed? What skills have you learnt?

How do you think about situations now?

Think about a previous situation that elicited a negative emotion

Situation Briefly describe.	How I thought before How did you think before?	How I think now How do you think now?
1		
2		

What are your strengths?

Skills

Social support

Knowledge

Health

Family

Career

Fun

Relationships

What are potential warning signs to be aware of?

What things did you do to try and help that made the situation worse? Were you withdrawn? Did you try to avoid emotions, people, places, activities, etc.?

Motivations for changing negative habits?

What motivates you to work on yourself? Why do you want to feel better?

What are your future goals?

What do you want to achieve?

Remember support is always available