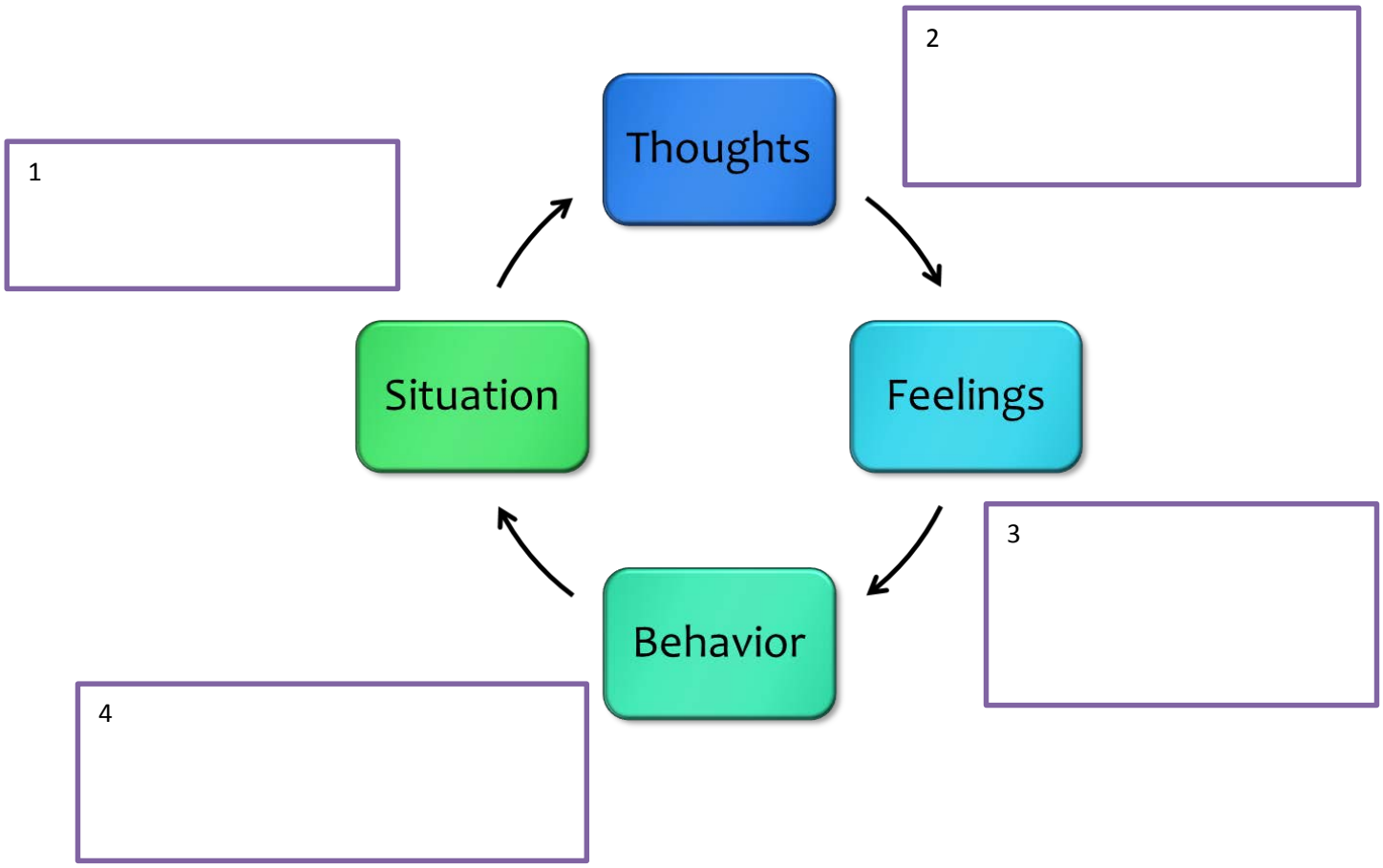
Breaking Down the Situation

Describe a situation you recently experienced that was difficult for you (either upsetting or made you nervous).

Using the CBT Flowshape, fill in boxes 1-4, describing what happened in your situation:



Looking back on the situation now, answer the following:

1) Were your thoughts reasonable/logical? ___Y ___N

2) Did your behavior make the situation
___ better
___ worse
___ no difference