



MY EVERYDAY CBT STRATEGY CHECKLIST

| STRATEGY | DESCRIPTION | REFLECTIONS | TRIED IT? | LIKED IT? | EFFECT-IVE? | KEEP IT? |
|--|--|--|-----------|-----------|-------------|----------|
| WORKSHEET 1: UNDERSTANDING YOUR AUTOMATIC RESPONSES | Recognize your automatic responses to a situation or event that can trigger your overthinking, stress, and/or anxiety. | Describe how understanding your automatic responses helped you become more aware of your reactions. | | | | |
| WORKSHEET 2: MAKING MEANING | Explore how your thoughts shape the meaning of situations. | Reflect on how shifting the meaning affected your emotional response. | | | | |
| WORKSHEET 3: ACKNOWLEDGE WHERE YOU'RE AT | Explore your current situation and desire for change. | Review how acknowledging your current situation helped you gain perspective. | | | | |
| WORKSHEET 4: DECIDE WHERE YOU WANT TO BE | Open to realistic possibility by identifying your average perfect day. | Reflect on your prefect day and identify one or two immediate action points. | | | | |
| WORKSHEET 5: LETTER TO YOUR FUTURE SELF | Write an honest letter to your future self, sharing your hopes and aspirations. | Reflect on how writing to your future self created a sense of commitment, accountability, and hope. | | | | |
| WORKSHEET 6: MIND MAP YOUR THOUGHTS | Gain awareness around your thoughts and how they connect through visually representing them on a mind-map. | Reflect on how seeing your thoughts helped you observe how your thoughts relate and trigger your thought patterns. | | | | |
| WORKSHEET 7: STOP THE THOUGHT | Learn how to interrupt negative or unhelpful thoughts. | Notice which technique helped you most and how interrupting a negative thought changed your reaction or emotional state. | | | | |
| WORKSHEET 8: KEEP A WORRY JAR | Externalize your worries by writing them down and setting them aside. | Reflect on how externalizing your worries gave you distance and clarity over them. | | | | |



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| WORKSHEET 9: GIVE YOUR WORRIES AIRTIME | Identify your worries and set aside time to focus on them, rather than suppress them. | Reflect on how dedicating time to worry impacted your overall anxiety. | | | | |
| WORKSHEET 10: USE A WORRY TREE | Use a decision tree to handle worries effectively. | Reflect on how the worry tree helped you take action or release unnecessary worry. | | | | |
| WORKSHEET 11: STOP THE TIME-TRAVEL | Recognize when you're ruminating about the past or worrying about the future. | Reflect on how stopping time-traveling thoughts changed how you felt and reduced anxiety. | | | | |
| WORKSHEET 12: RECOGNIZE YOUR FEELINGS | Identify the emotions you're experiencing. | Reflect on the pattern and frequency of the different feelings you experience. | | | | |
| WORKSHEET 13: IDENTIFY YOUR AUTOMATIC NEGATIVE THINKING PATTERNS | Recognize negative thinking patterns that often arise automatically. | Reflect on how your automatic thinking patterns make you feel and how these relate to how you feel. | | | | |
| WORKSHEET 14: UNCOVER YOUR BELIEFS | Identify the core beliefs that drive your thoughts and behaviors. | Reflect on the nature of your core beliefs and how they impact you in your life. | | | | |
| WORKSHEET 15: FREE YOUR THINKING TRAPS | Break free you're your common thinking traps. | Identify practical steps to break your cycle of negative thoughts. | | | | |
| WORKSHEET 16: HARNESS THE POWER OF "AND" | Replace your "buts" with "and" to broaden possibilities. | Reflect on how using "and" in your thoughts helped you adopt a more balanced perspective. | | | | |
| WORKSHEET 17: USE THE POWER OF "YET" | Add the word "yet" to foster a sense of potential especially where you're feeling stuck. | Reflect on how using "yet" improved your outlook and feeling around challenges. | | | | |



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| WORKSHEET 18: THE POWER OF “-ER” | Use the suffix “-er” to allow for the potential or progress. | Reflect on how changing absolute language helped ease pressure and create more flexibility. | | | | |
| WORKSHEET 19: PLAY COGNITIVE DISTORTION BINGO | Become familiar with different cognitive distortions through a fun, engaging activity. | Reflect on how recognizing cognitive distortions has helped reduce their frequency. | | | | |
| WORKSHEET 20: SEPARATE FACT FROM OPINION | Differentiate between facts and your personal opinions or interpretations of events. | Reflect on the impact of recognizing how facts are different to opinions. | | | | |
| WORKSHEET 21: CHALLENGE YOUR THOUGHTS | Learn how to question and challenge unhelpful or irrational thoughts. | Reflect on how challenging your thoughts led to more balanced thinking. | | | | |
| WORKSHEET 22: REFRAME YOUR UNHELPFUL THOUGHTS | The 5-Step Trigger Tamer Process. Practice reframing negative or unhelpful thoughts into more positive alternatives. | Reflect on how reframing the thought improved your emotional state and behavior. | | | | |
| WORKSHEET 23: BE A COGNITIVE DISTORTION DETECTIVE | Investigate your thoughts to detect and correct cognitive distortions. | Reflect on how recognizing and correcting distortions led to clearer thinking and actions. | | | | |
| WORKSHEET 24: DE-CATASTROPHIZE YOUR THINKING | Reduce the tendency to expect the worst-case scenario in situations. | Reflect on how reducing catastrophic thinking improved your ability to manage stress. | | | | |
| WORKSHEET 25: FLEX YOUR UNHELPFUL RULES | Identify and challenge rigid rules you may have set for yourself that limit flexibility. | Reflect on how breaking rigid rules helped create more freedom and reduce stress. | | | | |
| WORKSHEET 26: RESTRUCTURE A THOUGHT A DAY | Practice reframing and cognitive restructuring daily to build the habit of balanced thinking. | Reflect on how daily cognitive restructuring exercises impacted your overall perspective. | | | | |



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| WORKSHEET 27: TRACK YOUR STRESS AND ANXIETY TRIGGERS | Recognize what triggers your stress and anxiety and how they affect you. | Reflect on how identifying your triggers helped you manage your stress and anxiety better. | | | | |
| WORKSHEET 28: PLAY THE POSITIVE WHAT-IF GAME | Shift your perspective from worst-case scenarios to positive possibilities. | Reflect on how focusing on positive potentials changed your outlook on the situation and your level of anxiety. | | | | |
| WORKSHEET 29: TACKLE YOUR ANXIOUS THOUGHTS | Address and reduce anxiety by breaking down anxious thoughts. | Reflect on how tackling your anxious thoughts reduced your overall anxiety. | | | | |
| WORKSHEET 30: BREATHE DEEPLY FOR INSTANT CALM | Use deep breathing techniques to calm your body and mind during stressful moments. | Reflect on how deep breathing improved your ability to manage stress and anxiety in the moment. | | | | |
| WORKSHEET 31: BREATHE TO A RHYTHM FOR INSTANT ANXIETY- RELIEF | Use a specific pattern of controlled breathing to manage anxiety in stressful moments. | Reflect on how breathing to a rhythm helped lower your anxiety in tense situations. | | | | |
| WORKSHEET 32: 5-4-3-2-1 GROUND YOURSELF TO REDUCE ANXIETY | Use the 5-4-3-2-1 grounding technique to reduce anxiety by focusing on your senses. | Reflect on how grounding yourself using this technique helped reduce anxiety. | | | | |
| WORKSHEET 33: DO A BODY SCAN MEDITATION | Use body scan meditation to relax and become aware of and release tension and stress in your body. | Reflect on how the body scan meditation helped relieve physical and mental stress. | | | | |
| WORKSHEET 34: GAUGE YOUR STRESS | Assess your current stress levels to better understand how stress is affecting you. | Reflect on how tracking your stress levels gave you insights into how to manage them. | | | | |



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| WORKSHEET 35: BREAK DOWN YOUR PROBLEMS | Break down large problems into smaller, manageable parts to reduce overwhelm. | Reflect on how breaking down your problems helped reduce stress and made the issue easier to tackle. | | | | |
| WORKSHEET 36: ORGANIZE YOUR DAILY ACTIVITIES | Plan and organize your daily activities to reduce stress and overwhelm. | Reflect on how organizing your day improved your sense of control and reduced stress. | | | | |
| WORKSHEET 37: TIME-BLOCK & TIME-BOX YOUR ACTIVITIES | Manage your time and energy effectively by time-blocking and time-boxing your tasks. | Reflect on how time-blocking and time-boxing helped you stay focused and reduced stress. | | | | |
| WORKSHEET 38: SET PERSONAL BOUNDARIES | Identify where you need to set personal boundaries to reduce overwhelm. | Reflect on how setting and maintaining boundaries improved your mental health and relationships. | | | | |
| WORKSHEET 39: PLAY STRESS RELIEF SCAVENGER HUNT | Discover activities that reduce stress and bring joy by participating in a stress relief scavenger hunt. | Reflect on how the scavenger hunt helped you discover new ways to relieve stress. | | | | |
| WORKSHEET 40: PRACTICE GRATITUDE | Use gratitude practice to shift your focus and mood from stress to positive aspects of your life. | Reflect on how practicing gratitude helped shift your perspective and improve your mood. | | | | |
| WORKSHEET 41: TRACK YOUR ACTIVITIES AND MOOD | Monitor how your daily activities impact your mood and energy levels. | Reflect on how tracking your activities helped you identify patterns that influence your mood. | | | | |
| WORKSHEET 42: PLAN YOUR BEHAVIORAL ACTIVATIONS | Plan activities that boost your mood and reduce feelings of depression. | Reflect on how planning mood-boosting activities helped improve your overall emotional state. | | | | |



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| WORKSHEET 43: CREATE A MOOD-LIFTING MUSIC PLAYLIST | Create a playlist of music that lifts your mood and reduces stress or sadness. | Reflect on how listening to your playlist helped change your emotional state. | | | | |
| WORKSHEET 44: IMMERSE YOURSELF IN GUIDED IMAGERY | Use guided imagery to relax and reduce feelings of stress or anxiety. | Reflect on how using guided imagery impacted your stress levels or overall mood. | | | | |
| WORKSHEET 45: BUILD AN EVERYDAY MICRO CHALLENGES PLAN | Create a plan for integrating small, daily challenges to practice CBT. | Reflect on how incorporating micro-challenges into your routine improved your CBT practice and mindset. | | | | |
| WORKSHEET 46: BUILD IN SELF-COMPASSION | Recognize the challenges you're experiencing and write a letter to yourself offering compassion and understanding during difficult times. | Reflect on how writing a compassionate letter to yourself helped improve your self-talk and emotional state. | | | | |
| WORKSHEET 47: BUILD YOUR CONTINGENCY PLAN | Develop a contingency plan as a guideline for how you will apply your CBT in the moments when you need it most. | Reflect on how having a contingency plan made you feel about your ability to handle particularly stressful or anxious time in the future. | | | | |