

# CBT and Mindfulness Clinical Worksheets

A clinical worksheet packet for behavior analysis, thought records, automatic thoughts, mindfulness practice, values, and relapse prevention.

## How to use this resource

Use this worksheet in session or between sessions. Move slowly, write concretely, and bring your notes back to therapy so the work can be adjusted to your actual pattern.

## Purpose of This Packet

CBT and mindfulness worksheets help clients observe patterns more precisely. The goal is not to fill out forms perfectly. The goal is to gather useful clinical data and practice responding more flexibly.

- Use one worksheet at a time.
- Write concrete examples instead of general labels.
- Track body sensations, thoughts, emotions, behaviors, and consequences.
- Bring completed worksheets to therapy for review.

## Behavior Analysis

Behavior I want to understand:

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What happened right before it?

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What did I feel in my body?

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What did I think?

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What happened afterward?

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What did the behavior help me get or avoid?

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## Thought Record

Situation: _____
Automatic thought: _____
Emotion: _____
Cognitive distortion or thinking pattern: _____
Evidence for: _____
Evidence against: _____
Balanced response: _____

## Mindfulness Practice Log

Practice used: _____
Length of practice: _____
What I noticed: _____
What pulled my attention away: _____
How I returned attention: _____

One thing I learned:  
\_\_\_\_\_

## Values and Self-Care Plan

A value I want to act on:  
\_\_\_\_\_

One small action that reflects this value:  
\_\_\_\_\_

A warning sign I am becoming depleted:  
\_\_\_\_\_

A supportive routine I can restart:  
\_\_\_\_\_

A person or resource I can reach out to:  
\_\_\_\_\_