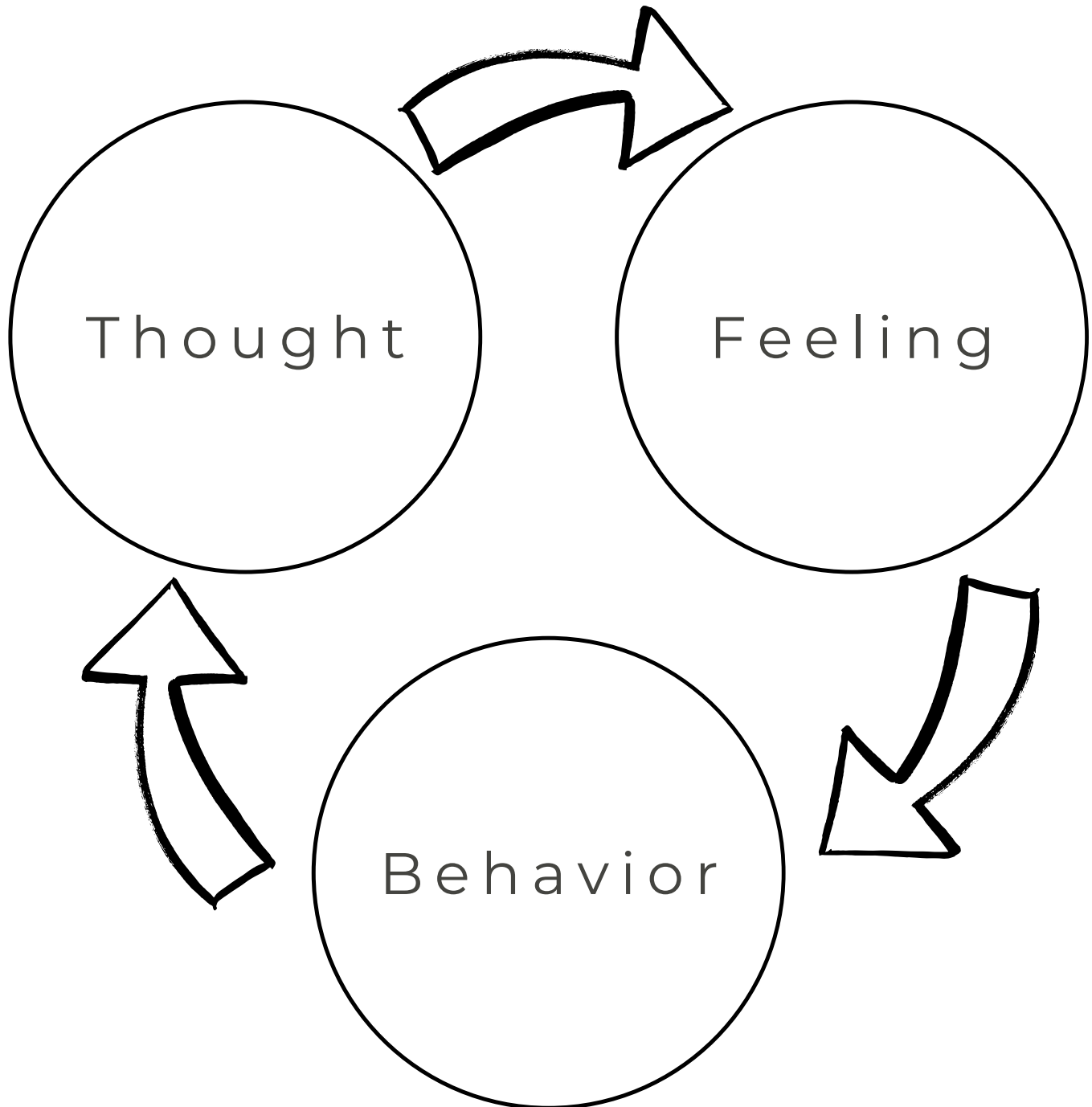


Why Thoughts Matter

Cbt explained worksheet



‘CBT WORKS ON THE BASIS THAT THE WAY WE THINK AND INTERPRET LIFE’S EVENTS AFFECTS HOW WE BEHAVE AND, ULTIMATELY, HOW WE FEEL. STUDIES HAVE SHOWN THAT IT IS USEFUL IN MANY SITUATIONS. MORE SPECIFICALLY, CBT IS A PROBLEM-SPECIFIC, GOAL-ORIENTED APPROACH. IT FOCUSES ON THEIR PRESENT-DAY CHALLENGES, THOUGHTS, AND BEHAVIORS.’

-MEDICALNEWTODAY.COM

