CBT Stress Management Workbook

Day 4 Worksheets

In this section, you will explore your thoughts, feelings, and behaviors related to stress and practice creating positive affirmations and actions. Use the templates below to guide your responses.

Worksheet 1: Thought Record

Instructions: Use this table to record your stressful thoughts and challenge them with realistic, balanced perspectives.

Stressful Thought	Evidence For	Evidence Against

Worksheet 2: Positive Affirmations

Instructions: Write down the negative thought patterns you noticed, then replace them with a positive affirmation. Practice repeating the affirmations daily.

Negative Thoughts	Positive Affirmations

Worksheet 3: Action Plan

Instructions: Identify a stressful situation, your planned response, and the action you will take to address it effectively.

Stressful Situation	Planned Response	Action Steps