

CBT CHAT

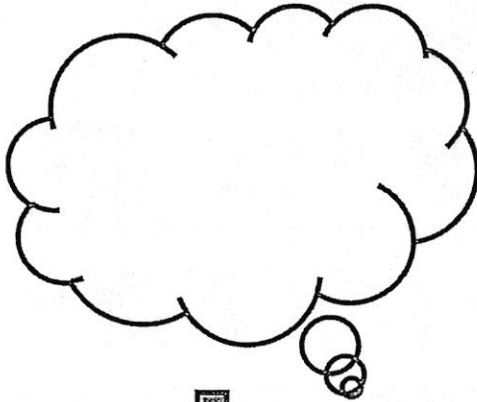
Date: _____

Client name: _____

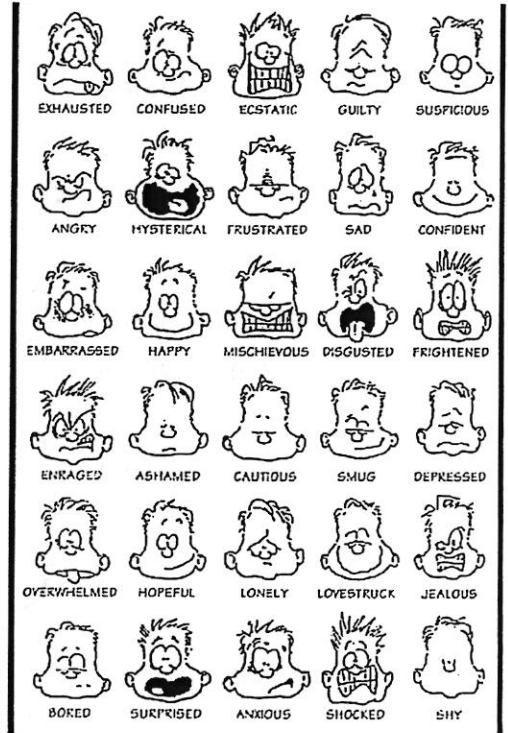
Staff name: _____

SITUATION

What happened? What was my trigger?



EMOTIONS



What am I feeling?



What should I do now?

Check and change my thought

Problem solving / take action

Use my coping skills