

Client tool

CBT Flow & Reflection

Distributed by Social Workers, Rise!

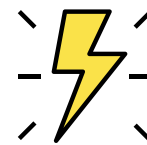
Event



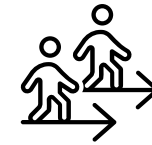
Thought



Emotion



Action



What happened? What was the triggering event?

What was my thought when this happened?

How did I feel?

How did I respond?

What can I do differently next time?
