

# Simple CBT Formulation

## Activating Situation

What was happening:



## Thoughts

What went through your mind?



## Behaviours

What did you do?



## Emotions

How did you feel?

## Physical Sensations

What did you feel in your body?



Think of a recent event that made you feel anxious, upset, low in mood or frustrated. Use this formulation to identify the elements that may be continuing the difficulties you are having in these scenarios.