



# DIY Guide for Kids

## CBT Worksheet for Depression



**MindWeal**

# CBT Worksheet:

## Challenging Negative Thoughts

*Direction: Use this worksheet to identify, challenge, and replace negative thoughts with positive ones.*

Question	Your Response
<b>Identify Negative Thought:</b>  What is the negative thought?  What is the trigger to this thought?	
<b>Challenge Negative Thought:</b>  Is it really true?  What evidence supports this thought?  What evidence disapproves of this thought?	
<b>Replace with Positive Thought</b>  If I look at the situation positively, how is it different?	

# CBT Worksheet:

## Behavioral Activation

*Direction: Use this worksheet to plan and monitor positive activities completed throughout the week.*

*List of enjoyable activities:*

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

### Weekly activity planner:

Day	Activity	Time	Comments
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

# CBT Worksheet:

## Problem Solving

*Direction: Use this worksheet to identify a problem, brainstorm solutions, and choose the best one to try.*

<b>What is the problem?</b> <i>Clearly define what's making you sad</i>	
<b>Brainstorm Solutions</b> <i>Think of different ways to solve the problem</i>	Solution 1:  Solution 2:  Solution 3:  Solution 4:  Solution 5:
<b>Choose a Solution</b> <i>Pick the best solution and try it out.</i>	Chosen Solution:

# CBT Worksheet:

## Problem Solving

*Direction: Use this worksheet to identify a problem, brainstorm solutions, and choose the best one to try.*

<b>What is the problem?</b> <i>Clearly define what's making you anxious</i>	
<b>Brainstorm Solutions</b> <i>Think of different ways to solve the problem</i>	Solution 1:  Solution 2:  Solution 3:  Solution 4:  Solution 5:
<b>Choose a Solution</b> <i>Pick the best solution and try it out.</i>	Chosen Solution: