LOTUS & TULIP · FREE PRINTABLE FOR CLINICIANS

Free CBT *Worksheets*

Starter pack for therapists

Common thinking traps, a 7 column thought record, evidence for and against, a balanced thought builder, an exposure ladder and coping cards.

6 real pages from CBT Worksheets for Therapists · client use license · US Letter

All 18 worksheets: **etsy.com/listing/4606139621**

How to use this starter pack

Notes for the clinician

Inside (8 pages)

1. Cover
2. How to use this starter pack
3. Common thinking traps
4. Thought record (7 columns)
5. Evidence for and against
6. Balanced thought builder
7. Exposure ladder
8. Coping cards

One way to use it

Start with common thinking traps so the client has words for the patterns. Use the thought record in session on one recent moment, then the evidence page and the balanced thought builder to slow a single stuck thought down. The exposure ladder helps plan graded steps, and coping cards carry a balanced thought into the week.

Client use license

You may print and share these pages, on paper or as PDF, with your own clients and groups, in person or through your telehealth or client portal. Please do not resell them or post the file on other websites; share the link to the free download instead.

Good to know

These worksheets are educational tools meant to support work with a licensed clinician. They do not diagnose or treat any condition on their own and are not a substitute for professional care. The full set includes a support and safety contacts page with the US 988 Suicide and Crisis Lifeline.

Designed with the help of an AI generator, then reviewed and edited page by page. All wording is our own.

The full CBT Worksheets for Therapists: 18 worksheets, 20 pages

Worksheet	In this pack	Worksheet	In this pack
Common thinking traps	Yes	Worry time log	Full set
Thought record	Yes	Coping cards	Yes
Evidence for and against	Yes	Problem solving steps	Full set
Balanced thought builder	Yes	Sleep diary	Full set
Daily activity log	Full set	5, 4, 3, 2, 1 grounding	Full set
Activity planner	Full set	Session goals	Full set
Values check in	Full set	Between session practice tracker	Full set
Exposure ladder	Yes	Weekly mood tracker	Full set
Exposure practice log	Full set	Support and safety contacts	Full set

Full CBT set, EUR 12: etsy.com/listing/4606139621 · **CBT and DBT bundle**, 40 pages, EUR 19: etsy.com/listing/4606338381

Common thinking traps

Notice the pattern, then get curious about it

All or nothing
Seeing things in only two boxes, total success or total failure.

My example: _____

Overgeneralizing
Treating one event as proof of a never ending pattern.

My example: _____

Mental filter
Zooming in on one negative detail until it colors everything.

My example: _____

Discounting the positive
Deciding that good things do not count.

My example: _____

Mind reading
Assuming you know what others think, usually the worst.

My example: _____

Fortune telling
Predicting things will go badly as if it is a fact.

My example: _____

Catastrophizing
Jumping to the worst possible outcome and expecting it.

My example: _____

Emotional reasoning
I feel it, so it must be true.

My example: _____

Should statements
Rigid rules about how you or others must act.

My example: _____

Labeling
Summing up a whole person with one harsh word.

My example: _____

Personalizing
Taking the blame for things outside your control.

My example: _____

Blaming
Putting all responsibility on others and feeling stuck.

My example: _____

Thought record

Slow a moment down and look at it from every side

Situation	Feelings (0 to 100)	Automatic thought	Evidence for	Evidence against	Balanced thought	Feelings now (0 to 100)

Name _____ Date _____

Evidence for and against

Weigh the thought like a fair judge would

The thought I am testing

How much do I believe it? _____ %

Facts that support it

Facts that do not fit

A fairer way to see it

How much do I believe the original thought now? _____ %

Balanced thought builder

Questions that loosen a stuck thought

Stuck thought

What would I tell a friend who had this thought?

Is there another explanation?

What is the most likely outcome, not the worst?

Will this matter in a week? A year?

What am I overlooking that I have handled before?

What is one small thing I can do next?

My balanced thought

Exposure ladder

Build steps from easier to harder (distress 0 to 100)

What I am working toward

Step	Situation	Expected distress (0 to 100)	Date tried	Actual distress (0 to 100)

Coping cards

Cut out, keep in a wallet, read when it gets hard

When I notice

I can remind myself

And I can do

When I notice

I can remind myself

And I can do

When I notice

I can remind myself

And I can do

When I notice

I can remind myself

And I can do

Name _____ Date _____

Free sample. All 18 worksheets: **etsy.com/listing/4606139621**

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

CBT Worksheets for Therapists, all 18 worksheets

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4606139621 | instant digital download

See every page first: lotustulip.com/cbt-worksheets-for-therapists.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.