

Name: _____

Date: _____

CBT terms

N Z H A E U P I V Z Z A J Z S L G G S N H G Y D
T G H T E L R U I O J G G C D S W N O Z J N H S
R U N N P Z P L I W Y V H C Y A D I H S G R O N
A C Q I T D O Y E Z L E O K F M T R F O R L N O
C Z C J P F Q W V V M G A U F P W O E V O M O I
K A K Y N P U P G A N K B V M Y R T I U P F I S
I A U Z V Q O A J I M D Q U G N D I L W J Y T U
N D B T G N Q T T O E H S J Q S X N E R C R S L
G Z H T O S A I S N G S M Q X G W O B R R E E C
S S M G B M V V P T A K F V N J O M E W W E U N
P B I C K E A T Z G H E G I Q G E F R M E Q Q O
W J Z A T N R T N Q J G Z M O V V L O B R X G C
W Z X R W O M I I L C I U D H E I E C J G G N O
W G I I M Y Y U M C H R H O O G K S I O Z M I T
L A W S Y L U E X P T U W N H L Z Z B R W M L G
D E I G R N R K O Y Y H R I U T U E E N N G A N
O B Z E I W B R S M C E O K Y A L P E L O R C I
O B D C Z Q T D F M A R H U M N Z Y A H H U S P
X N M M E S W H M B E T P D G M B A T Q X J N M
U T W D A S J D D L S X F X Z H Y S D O Q L U U
T A C T I E T A W L T D N F C Z T S V G I S M J
S R A L P J B B V J L C T R T S A S D D F X L W
A C C O G N I T I V E D I S T O R T I O N S L T
M T T K T M Y R E V O C S I D D E D I U G P M J

Jumping to conclusions

underlying assumption

Cognitive distortions

Automatic thoughts

thought stopping

guided discovery

Scaling question

catastrophizing

self monitoring

cognitive triad

core belief

role play

Tracking

schema