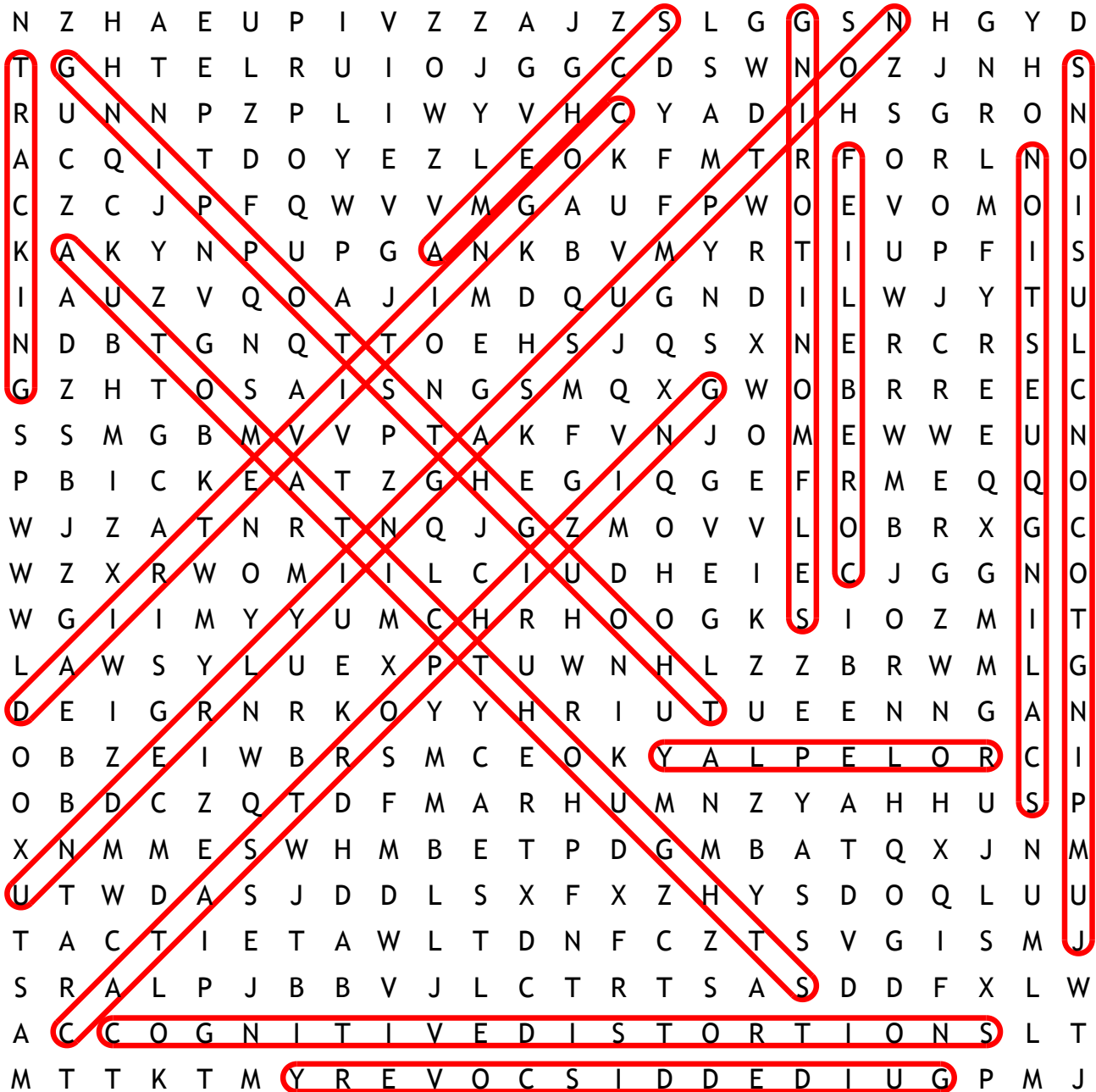


Name: _____

Date: _____

CBT terms



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