Map a recent pattern

CBT practice

Choose one manageable moment with your counselor. Brief notes, spoken answers, or a sketch are enough. The aim is to understand the pattern in context, not to blame yourself.

Example: A hard assignment led to "I cannot do this," worry, and putting it off. There was relief at first, but more pressure later.

1. What happened

Describe one situation. Include only the details you want to share.

2. What went through my mind

A thought, image, prediction, or meaning I gave the situation.

3. What I noticed emotionally or physically

Name feelings or body signals if helpful. It is okay not to know yet.

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4. What I did next and what it did for me right away

Include actions, avoiding, or quiet mental responses.

5. What happened later and what else mattered

Consider stress, sleep, health, access, relationships, or real safety concerns.

6. One place I could try a different response

What small change or support would fit my circumstances?

Bring this to counseling to choose a next step. If reviewing becomes repetitive or feels like a need for certainty, pause the worksheet and discuss that pattern.

Educational practice, not a complete treatment plan