

Continue

































Skip to content How can financial brands set themselves apart through visual storytelling? Our experts explain how. Learn MoreThe Motorsport Images Collections captures events from 1895 to today's most recent coverage. Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors' Picks. Browse Editors' FavoritesHow can financial brands set themselves apart through visual storytelling? Our experts explain how. Learn MoreThe Motorsport Images Collections captures events from 1895 to today's most recent coverage. Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors' Picks. Browse Editors' FavoritesHow can financial brands set themselves apart through visual storytelling? Our experts explain how. Learn MoreThe Motorsport Images Collections captures events from 1895 to today's most recent coverage. Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors' Picks. Browse Editors' Favorites Find the right resources for learning and teaching cognitive behavioral therapy, or CBT. You may have heard that cognitive behavioral therapy, or CBT, is the be-all-end-all of treating mental health issues. While I don't think it's necessarily right for every situation, I can't argue too much with that sentiment. In my experience, people who are dealing with particular issues like anxiety or post-traumatic stress disorder (PTSD) respond well to CBT strategies. This is especially true if they work with a therapist who is trained and stays on track. Other conditions, such as depression or other mood disorders, may be a bit trickier to treat with talk therapy. However, certain elements of CBT such as behavioral experiments (testing out assumptions) or activation (pushing yourself to do something different) can work well with these challenges too. You can use these recommendations to get started and find the right tools for you. I've also included links to our related resources that can support the use of CBT. Our first book focuses on using CBT for trauma and PTSD, covering the most popular techniques used by experts around the world. Topics include mindfulness, managing anxiety, identifying negative thinking patterns, addressing guilt and shame around trauma, and moving towards a more fulfilling, peaceful, and meaningful life. This book is actually authored by yours truly. I wrote it following years of frustration when meeting clients who had been told there was nothing they could really do about their PTSD. They had been taught that at best they could learn to manage symptoms, but would have to live with them for life. Through my own training, research, and experience, I found that in the majority of cases, that just isn't true. I wanted to share both my professional experiences and technical expertise after relating to using CBT to address PTSD and related symptoms. Finding Peace from PTSD: The New Science of Healing Trauma Symptoms, by Jennie Lannette, MSW, LCSW is available as an ebook on Amazon or as a downloadable PDF. There are a handful of CBT therapies that focus on trauma, and most of them use this equation to treat PTSD. I get into more details about that in the book, while also providing case examples and specific techniques to begin to challenge symptoms that are interfering with a happy life. Understanding PTSDHow CBT effectively treats PTSDManaging daily anxietyIdentifying your symptomsExpressing and managing emotionsAddressing self-defeating thought patternsHealing shameIncorporating mindfulnessFacing safe fearsWriting your storyRedefining your pastMoving forward with purposeFinding Peace from PTSD is unique in that it combines realistic case studies with the science and specific steps that CBT trauma therapists use. It's a helpful book for those suffering from symptoms to understand how they can get better, and for clinicians interested in using CBT concepts in therapy. It's great for beginners or seasoned clinicians. There are also accompanying worksheets available. Depression is a complex and challenging condition that affects millions of people worldwide. CBT is one powerful tool in the fight against depression. It's a proven approach that helps individuals reframe their thoughts and develop healthier emotional responses. In his book Feeling Good: The New Mood Therapy, Dr. David D. Burns introduces readers to CBT and provides practical techniques. Feeling Good: The New Mood Therapy is a staple in the field of mental health. It offers actionable strategies to challenge negative thought patterns, manage emotions, and improve overall well-being. Written in an engaging and reader-friendly style, the book empowers individuals to take an active role in their mental health journey. At the heart of "Feeling Good" is the idea that our thoughts play a pivotal role in our emotional experiences. Dr. Burns focuses on the concept of cognitive distortions—habitual patterns of thinking that contribute to feelings of depression and anxiety. He explains how these distortions can lead to a cycle of negative emotions and behaviors. The book then guides readers through practical techniques to identify and challenge these distorted thoughts. Dr. Burns introduces the "Three Column Technique," a method that involves writing down a negative thought, categorizing the cognitive distortion, and creating a balanced response. This exercise helps individuals gain perspective and reframe their thoughts in a more rational and compassionate manner. Understanding Cognitive DistortionsSpecific distortions, such as catastrophizingChallenging Negative ThoughtsThe three-column techniqueThoughts, feelings, and behaviors and their connectionCognitive restructuringEmotional resilienceFeeling Good: The New Mood Therapy is a timeless resource for anyone seeking to overcome depression and improve their emotional well-being. You can find the book on Amazon. In a world where mental health struggles are becoming increasingly prevalent, finding effective tools to manage conditions such as anxiety, depression, anger, behaviors, and stress is crucial. The CBT Toolbox, Second Edition: 185 Tools to Manage Anxiety, Depression, Anger, Behaviors & Stress, authored by expert Jeff Rigenbach includes a collection of CBT techniques designed to empower individuals to overcome their mental health challenges and lead more fulfilling lives. It focuses on using evidence-based techniques from CBT. The book is structured to provide readers with accessible tools and strategies to manage their conditions and build resilience. Its user-friendly approach makes it suitable for both those new to CBT and individuals already familiar with it. By engaging with the book's 185 tools, readers can gain greater self-awareness, develop coping mechanisms, and take control of their mental well-being. Connection between thoughts, feelings, and behaviorsAnxiety Management ToolsDepression ManagementAnger ManagementStress ManagementMindfulness and Grounding TechniquesThe CBT Toolbox is a valuable resource with practical tools for anxiety, depression, anger, behaviors, and stress. By incorporating many of the 185 evidence-based techniques rooted in CBT, readers can gain insights into their thought patterns, develop coping mechanisms, and take charge of their mental health journey. Whether you're new to CBT or looking to deepen your understanding, this book provides a roadmap for fostering emotional well-being and building a more fulfilling life. You can shop it on Amazon. Another notable resource in the field is Cognitive Behavior Therapy, Second Edition: Basics and Beyond authored by Judith S. Beck, an CBT guru. This book is widely recognized for its comprehensive insights into the principles and application of CBT. The book offers a detailed exploration of the foundations and practical techniques of CBT. It serves as a resource for both mental health practitioners and individuals interested in understanding CBT. It provides strategies, case studies, and relatable examples to facilitate a deeper understanding of CBT's potential for therapeutic change. Cognitive triadAutomatic thoughtsCognitive restructuringBehavioral experimentsCase formulationSocratic questioningYou may recognize the name Beck and assume the author is related to Aaron Beck, the father of CBT. If you did so, you'd be right. His daughter Judith has ushered CBT into modern times, embracing the next wave of talk therapy. Shop the book on Amazon. In our modern, fast-paced lives, the pursuit of happiness and inner peace is a universal aspiration. The book Cognitive Behavioral Therapy: Simple Techniques to Instantly Be Happier, Find Inner Peace, and Improve Your Life by Olivia Telford offers a practical and accessible guide to achieving these goals through CBT. It presents many straightforward techniques designed to enhance well-being, promote emotional balance, and foster personal growth. As a concise yet impactful manual, it introduces readers to the transformative potential of CBT. Through clear explanations and step-by-step instructions, readers can learn about their thought patterns, managing stress, and cultivating a more fulfilling life. Introduction to CBTIdentifying Cognitive DistortionsThought AwarenessCognitive RestructuringBehavioral ActivationMindfulness PracticesStress ManagementProblem-Solving SkillsPositive habitsCognitive Behavioral Therapy: Simple Techniques to Instantly Be Happier, Find Inner Peace, and Improve Your Life can help readers find more happiness, inner peace, and personal growth. Shop the book on Amazon. The world of children's literature has a unique ability to address and ease complex emotional issues in ways that resonate with kids. When Harley Has Anxiety: A Fun CBT Skills Activity Book to Help Manage Worries and Fears is written by Regine Galanti and illustrated by Vicky Lommatzsh. It's designed to introduce children to CBT techniques through relatable characters and engaging activities. When Harley Has Anxiety blends storytelling and interactive activities to provide young readers with essential tools to manage worries and fears. Through the experiences of the relatable character Harley, children can learn valuable skills to cope with anxiety, setting the stage for a foundation of emotional well-being. Understanding Anxiety for ChildrenCognitive Restructuring for KidsBreathing ExercisesProblem-Solving SkillsFacing Fears GraduallyMindfulness and GroundingPositive Self-TalkEmotional RegulationSeeking SupportWhen Harley Has Anxiety: A Fun CBT Skills Activity Book to Help Manage Worries and Fears is a potentially powerful resource for supporting kids with anxiety. Through the experiences of Harley, children learn valuable skills to manage anxiety and fears, creating lifelong coping skills. This book serves as a helpful companion for parents, educators, and caregivers looking to provide young minds with the tools they need to navigate life now and in the future. Shop the book on Amazon. Childhood and adolescence are critical phases of development, often shaping a person's future well-being. Unfortunately, these important years can be disrupted by traumatic experiences. How kids are supported in their healing makes all the difference. Trauma-Focused CBT for Children and Adolescents: Treatment Applications is a clinical guide about the leading approach to help children and adolescents heal from trauma. It's used by instructors and clinicians as they learn and build upon TF-CBT to treat PTSD and related symptoms. Trauma-Focused CBT for Children and Adolescents: Treatment Applications is edited by Judith Cohen and other experts within the field. Through case studies, practical strategies, and step-by-step guidance, the book empowers therapists to provide effective trauma-informed care that promotes healing and resilience in children and adolescents. Understanding Childhood TraumaBasics of TF-CBTPsychoeducationCoping Skills DevelopmentGradual ExposureCognitive RestructuringParent and Caregiver InvolvementNarrative Processing Safety and StabilizationAssessment and MonitoringThe authors have also developed workbooks Your Very Own TF-CBT Workbook for Kids, and the workbook Dealing with Trauma: A TF-CBT Workbook for Teens. The teen years can be both exhilarating and horrifying, with challenges around identity, relationships, and responsibilities. Excessive anxiety and stress can cast shadows over even the most positive experiences. Anxiety Relief for Teens: Essential CBT Skills and Self-Care Practices to Overcome Anxiety and Stress by Regine Galanti offers teens helpful tools to manage and overcome these emotional hurdles. The book opens and anxiety helps readers and their loved ones with essential skills from CBT. It's a well-crafted blend of psychoeducation, practical exercises, and self-care practices. Understanding AnxietyCBT BasicsSelf-Care PracticesMindfulness and RelaxationExposure and Response PreventionThought ChallengingBehavioral ExperimentsSocial Skills and CommunicationGoal Setting and Problem SolvingSeeking SupportAnxiety Relief for Teens: Essential CBT Skills and Self-Care Practices to Overcome Anxiety and Stress empowers teens. Through its comprehensive approach, teens are not only supported in managing anxiety, but in living a happier, more peaceful life overall. You can purchase the book on Amazon. With the right tools and techniques, it's possible to overcome anxiety's grip and lead a more fulfilling life. The Cognitive Behavioral Workbook for Anxiety: A Step-by-Step Program by William J. Knaus offers readers a structured and comprehensive approach to managing anxiety through CBT. The popular book presents a detailed and accessible program rooted in CBT principles, guiding readers through managing and overcoming anxiety. It has a structured framework, practical exercises, and real-world examples to help develop a deeper understanding of their anxiety and how to deal with it. Overview of CBTUnderstanding AnxietyCognitive RestructuringExposure and Response PreventionBehavioral experimentsMindfulness and RelaxationStress ManagementSelf-Care and Lifestyle ChangesBuilding a Support NetworkRelapse Prevention By blending CBT principles with practical exercises, this workbook empowers readers to take control of their mental well-being and rewrite their relationship with anxiety. Shop it on Amazon. Depression and anxiety are two of the most prevalent mental health challenges today. Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks: A Workbook for Managing Depression and Anxiety by Seth J. Gillihan offers readers a structured approach to overcoming these challenges. This informative workbook is designed to help people manage anxiety and depression with CBT techniques. As you might imagine, it includes a seven-week program where readers are introduced to a range of tools and exercises focused on recognizing and challenging beliefs. Thought MonitoringCognitive RestructuringAnxiety HierarchyRelaxation TechniquesProgressive muscle relaxationSelf-CompassionGratitude and Positive ReinforcementRetrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks: A Workbook for Managing Depression and Anxiety provides a focused and organized approach to CBT. Whether you're facing these challenges for the first time or seeking effective strategies to enhance your mental health, you can reclaim control over your thoughts, feelings, and life. Find it on Amazon. Check out our Giant Store Bundle, full of our many therapy games, activities, and more. You'll find CBT worksheets, activities for adults and kids, printable board games, guides, and more. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit — provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. MeSH Heading Cognitive Behavioral Therapy Tree Numbers) F04.754.137.350 Unique IDDD015928 RDF Unique Identifier Scope NoteA directive form of psychotherapy based on the interpretation of situations (cognitive structure of experiences) that determine how an individual feels and behaves. It is based on the premise that cognition, the process of acquiring knowledge and forming beliefs, is a primary determinant of mood and behavior. The therapy uses behavioral and verbal techniques to identify and correct negative thinking that is at the root of the aberrant behavior. Terms Cognitive Behavioral Therapy Preferred Term IOM 1990 Behavior Therapy, Cognitive Term UI T047261 Date04/14/1989 LexicalTag NON ThesaurusID NLM (2013) Cognition Therapy Term UI T047266 Date04/14/1989 LexicalTag NON ThesaurusID IOM (1990) Therapy, Cognitive Behavior Term UI T047260 Date04/14/1989 LexicalTag NON ThesaurusID NLM (1990) Therapy, Cognition Term UI T047267 Date04/14/1989 LexicalTag NON ThesaurusID IOM (1990) Behavior Therapy, Cognitive Term UI T047261 Date04/14/1989 LexicalTag NON ThesaurusID NLM (1990) Cognitive Behavior Therapy Term UI T047259 Date04/14/1989 LexicalTag NON ThesaurusID NLM (1990) Cognitive Psychotherapy Term UI T047262 Date04/14/1989 LexicalTag NON ThesaurusID NLM (1990) Psychotherapy, Cognitive Term UI T047263 Date04/14/1989 LexicalTag NON ThesaurusID IOM (1990) Therapy, Cognitive Term UI T047264 Date04/14/1989 LexicalTag NON ThesaurusID NLM (1990) Cognitive Behaviour Therapy Term UI T001095471 Date01/22/2021 LexicalTag NON ThesaurusID NLM (2022) Cognitive Therapy Term UI T047265 Date01/01/1999 LexicalTag NON ThesaurusID IOM (1990) There are a lot of excellent mental health resources out there, and quite a few of them are actually free. Here are some of the good mental health workbooks and worksheets that I've come across, most of which are available as printable PDFs. They're based on therapeutic approaches that have proven to be effective. This page is updated regularly, but the availability of these resources is subject to change without notice. Acceptance and commitment therapy identifies fusion with thoughts and resistance to uncomfortable inner experiences as key sources of distress. The therapy works on increasing psychological flexibility and choosing committed actions based on values. CBT is an evidence-based treatment for a variety of different mental illnesses. A key element of CBT is identifying evidence to challenge cognitive distortions. This can sometimes be difficult to do without working with a therapist, but there are plenty of self-help resources to help you on your own. Here are links to some free CBT worksheets and workbooks: Integrated CBT patient workbook from Dartmouth University Living CBT self-help resources Managing Depression: A Self-Help Skills Resource for Women Living with Depression During Pregnancy, After Delivery, and BeyondMind Over Mood - worksheets to accompany the book NHS inform: self-help guides for anxiety, depression, trauma-informed CBT, and other topics Your Best You: Managing Your Anxiety from Queen's University DBT is very skill-based, and while it's used most often for borderline personality disorder, many of the skills can also be useful to people with other mental health issues. Here are links to some free DBT worksheets and workbooks: GetSelfHelp: worksheets galore on a variety of topicsPositivePsychology.com: info and worksheets based on a number of different therapy models, including CBT, DBT, and positive psychotherapyPsychology Tools: has a wide variety of worksheets, including CBT and DBT-basedTherapist Aid: worksheets that are geared for therapists to use with their clients. Do you constantly feel overwhelmed by worry, stress, or panic? Does anxiety interfere with your daily life, making it difficult to focus, relax, or enjoy the present moment? If so, you're not alone—but you don't have to let anxiety control your life. The Anxiety and Worry Workbook: The Cognitive Behavioral Solution is a scientifically backed, step-by-step guide designed to help you break free from excessive anxiety. Based on cognitive behavioral therapy (CBT)—the most effective, research-supported treatment for anxiety—this comprehensive workbook offers practical exercises, expert guidance, and proven strategies to help you retrain your mind and regain control over anxious thoughts. Why This Workbook is Your Ultimate Guide to Overcoming Anxiety ✓ Developed by Experts: Created by CBT pioneer Dr. Aaron T. Beck and anxiety specialist Dr. David A. Clark, this workbook is grounded in decades of clinical research. ✓ Hands-On Approach: Features customizable worksheets, exercises, and real-life examples to help you apply CBT techniques in daily life. ✓ Tailored for Lasting Results: Learn step-by-step strategies to identify anxiety triggers, challenge negative thought patterns, and face fears gradually and safely. ✓ Fully Updated Second Edition: Includes the latest research on panic attacks, social anxiety, and stress management, plus additional graphics and troubleshooting tips. What You'll Learn Inside This Powerful Workbook Understand Your Anxiety - Identify what triggers your worries and recognize unhealthy thinking patterns. Challenge Negative Thoughts - Reframe anxious thinking and replace it with rational, calming self-talk. ☺ Safely Confront Your Fears - Gradual exposure techniques to desensitize yourself to anxiety-inducing situations. Master Stress-Reduction Techniques - Learn mindfulness, relaxation, and grounding exercises to ease daily stress. Break the Cycle of Avoidance - Overcome fear-based avoidance behaviors that reinforce anxiety. Develop Long-Term Coping Skills - Create a personalized action plan to maintain progress and prevent relapse. Who Can Benefit from This Workbook? [] Anyone struggling with chronic worry, generalized anxiety, social anxiety, or panic attacks who wants evidence-based solutions. [] Individuals looking for self-help resources to complement therapy or medication. [] Mental health professionals and therapists seeking structured CBT exercises for clients. [] People new to cognitive behavioral therapy (CBT) who need a clear, easy-to-follow guide. Why Readers Love The Anxiety and Worry Workbook "A life-changing workbook! The exercises are simple, effective, and actually work. My anxiety has significantly decreased." " This book gave me practical tools to manage my anxiety—without feeling overwhelmed. Highly recommend for anyone struggling with worry." " My therapist recommended this, and it's been a game-changer. The step-by-step approach makes overcoming anxiety feel doable." " What Makes This Workbook Stand Out? CBT from the Source: Developed by Dr. Aaron T. Beck, the father of cognitive behavioral therapy, alongside anxiety expert Dr. David A. Clark. Interactive & Action-Oriented: Features printable worksheets, guided exercises, and real-world examples to help you apply CBT effectively. Updated with the Latest Research: Covers panic attacks, social anxiety, and new tools for troubleshooting progress. Scientifically Proven Techniques: Backed by decades of clinical studies, ensuring real and lasting results. Start Taking Control of Your Anxiety Today! Imagine a life where worry and fear no longer dictate your choices. With The Anxiety and Worry Workbook, you'll gain the skills to quiet your mind, face challenges with confidence, and finally break free from anxiety's grip. Get your copy today and take the first step toward a calmer, more balanced life! "Outstanding manual that offers a comprehensive approach to change that covers the major areas of anxiety. Uniquely emphasizes the links between anxiety and common co-occurring conditions, such as procrastination and indecision. The book shows how to combat anxiety cognitions, build emotional tolerance, use imagery for relaxation, engage in problem-solving behaviors, and apply tested techniques for solving more than one emotional problem simultaneously. It features self-contracts at the end of each chapter to reinforce change."—Janet Wolfe, PhD, former executive director of the Albert Ellis Institute and staff psychologist for thirty-five years, as well as author or coauthor of multiple books, including What to Do When He Has a Headache"This book is brilliant! Scientifically sound, user-friendly, compassionate, and deeply understanding of the anxiety disorders—I will insist that many of my patients read it. In fact, regular use of Knaus's workbook may actually shorten the length of time required for some anxiety sufferers to remain in therapy."—Barry Lubetkin, PhD, ABPP, director and founder of the Institute for Behavior Therapy, New York City"Knaus has an amazing capacity to simplify and clarify complex scientific ideas and to incorporate them into an accessible, pragmatic text. This workbook can greatly benefit lay people afflicted with excessive anxiety and commonly associated disturbances. He has added a section on meditative practices, which greatly enhances the appeal and utility of this workbook. I recommend it heartily."—Joseph Gerstein, MD, FAGP, founding president of the SMART Recovery Self-Help Network"As we strive to navigate the waves of change, we push ourselves to constantly do better, and struggle to accomplish a sense of balance, we can fall prey to the ravages of fear, anxiety, and depression. Knaus impresses once again by providing a highly practical, research-based methodology to tackle these psychological demons. Readers will come away with useful tools and strategies that will allow them to take charge of their lives, restore their well-being, and advance their health and productivity. Practitioners will also find this workbook a valuable and indispensable resource."—Sam Klarreich, PhD, C Psych, president of The Berkeley Center for Effectiveness and The Center for Rational Emotive Therapy, and coauthor of Fearless Job Hunting"One of the foundational tenets of the cognitive behavioral therapies is that personal change does not take place in the therapist's office. Rather, a patient can only make desired change by practicing—yes, practicing—the insights and strategies the therapist provides in the context of his or her daily life. Bill Knaus's The Cognitive Behavioral Workbook for Anxiety is a rare gem in this regard; it is both a reference for the therapist to guide the patient through the anxiety-defeating change process and also a suitable resource for the layperson to independently obliterate anxiety on his or her own. I will treasure it for my own personal use, keep copies on hand for my anxious patients as an adjunct for their therapy, and make participants aware of it at my self-help workshops."—Russ Greiger, PhD, clinical psychologist in private practice in Charlottesville, VA, and coauthor of Fearless Job Hunting"Working through each page of The Cognitive Behavioral Workbookfor Anxiety will empower any reader who is truly ready to get down to the heart of the matter! In this excellent and comprehensive collection, Knaus reveals a full and user-friendly plan for the great defeat of anxiety-feeding beliefs and habits!"—Pam Garay, PhD, psychologist in Dallas, TX, and author of The REBT Super Activity Guide"Knaus's step-by-step approach to conquer anxiety is written in a manner that gives the reader a handle on the source of his or her anxiety and spells out a plethora of sensible, evidence-based solutions. I heartily recommend The Cognitive Behavioral Workbook for Anxiety to anyone struggling with worry, anxiety, procrastination, and depression. If getting a better handle on emotions, giving up perfectionism, and defeating social anxiety are your goals, Knaus's book will seem as though he wrote it with you in mind."—Joel Block, PhD, assistant clinical professor, Hofstra, North-Shore/LIJ School of Medicine"A fantastic tool for all those who struggle with anxiety and want to learn how to reduce it once and for all. Knaus has compiled a very practical, clear, and effective workbook, complemented by catchy, easy-to-remember tips and a very comprehensive coverage of anti-anxiety strategies and techniques following in the footsteps of Dr. Albert Ellis's theory of rational emotive behavior therapy. I will recommend this workbook to all my anxiety patients."—Roberta Galluccio Richardson, PhD, clinical psychologist, Sloane Medical Practice, London"Knaus has given us an extensive new edition of his highly successful The Cognitive Behavioral Workbook for Anxiety. From direct observation, we know that the completion of this project has been a labor of love. Knaus has a strong scientist-clinician's grasp of the topics he covers in this revised edition, and it shows! Throughout the book, he shares his clinical insights and thorough understanding of the anxiety research. This book effectively summarizes many approaches to coping with anxiety and offers help to those who needlessly suffer its effects. It is a goldmine of proven ways and innovative methods to cope with the many faces of anxiety. The self-helper who chooses to reduce or end needless anxieties and fears, regardless of the form that they take, will find an organized approach for developing the skills needed to manage anxiety or make it go away."—Leon Pomeroy, PhD, author of The New Science of Axiological Psychology and Wendy Pomeroy, MD, US Department of Justice, retired"In this recent revision, Knaus has provided the reader with an up-to-date and comprehensive description of anxiety and the role it can play in our now all-too-complicated and demanding lives. More importantly, he gives the reader those essential and valuable tools he or she needs to better cope with and reduce modern day stress and anxiety. I strongly recommend this book to the lay reader and professional alike. This book is truly a gem!"—Allen Elkin, PhD, in private practice in New York, NY, and author of Stress Management for Dummies William J. Knaus, EDD, is a licensed psychologist with more than forty years of clinical experience in working with people suffering from anxiety and depression. He has appeared on numerous regional and national television shows including Today, and more than one hundred radio shows. His ideas have appeared in national magazines such as U.S. News and World Report and Good Housekeeping, and major newspapers such as the Washington Post and the Chicago Tribune. He is one of the original directors of training in rational emotive behavior therapy (REBT). Knaus is author of twenty books, including The Cognitive Behavioral Workbook for Anxiety, The Cognitive Behavioral Workbook for Depression, and The Procrastination WorkbookJon Carlson, PsyD, EDD, ABPP, is distinguished professor in the division of psychology and counseling at Governors State University, IL. The following Cognitive Behavioural Therapy - CBT worksheets and exercises can be downloaded free of charge for use by individuals undertaking NHS therapy or by NHS practitioners providing CBT in primary or secondary care settings. These worksheets form part of the Think CBT Workbook, which can also be downloaded as a static PDF at the bottom of this page. Please share or link back to our page to help promote access to our free CBT resources. The Think CBT workbook and worksheets are also available as an interactive/dynamic document that can be completed using mobile devices, tablets and computers. The interactive version of the workbook can be purchased for single use only for £25. All Think CBT clients receive a free interactive/dynamic copy of the workbook and worksheets free of charge. Whilst these worksheets can be used to support self-help or work with other therapists, Cognitive Behavioural Therapy is best delivered with the support of a BABCP accredited CBT specialist. If you want to book an appointment with a professionally accredited CBT expert, call 01732) 808626, complete the simple contact form on the right side of this page or email info@thinkcbt.com Please note: If you are a private business or practitioner and wish to use our resources, please email info@thinkcbt.com to purchase a registered copy. This material is protected by UK copyright law. Please respect copyright ownership. Exercise 1 - Problem Statements Download Here Exercise 2 - Goals for Therapy Download Here Exercise 3 - Personal Strengths / Resources Download Here Exercise 4 - Costs / Benefits of Change Download Here Exercise 5 - Personal Values Download Here Exercise 6 - The CBT Junction Model Download Here Exercise 7 - The Cross-sectional CBT Model Download Here Exercise 8 - The Longitudinal Assessment Download Here Exercise 9 - Layers of Cognition Download Here Exercise 10 - Cognitive Distortions Download Here Exercise 11 - Theory A/B Exercise Download Here Exercise 12 - The CBT Thought Record Download Here Exercise 13 - Cognitive Disputation "Putting your Thoughts on Trial" Download Here Exercise 14 - The CBT Continuum Download Here Exercise 15 - The Self-perception Continuum Download Here Exercise 16 - The CBT Responsibility Pie Chart Download Here Exercise 17 - Noticing the Thought Download Here Exercise 18 - Four Layers of Abstraction Download Here Exercise 19 - Semantic Satiation Download Here Exercise 20 - The Characterisation Game Download Here Exercise 21 - Speed Up / Slow Down Download Here Exercise 22 - Word Translation Download Here Exercise 23 - The Time-Traveller's Log Download Here Exercise 23A - The Time-Traveller's Log Continued Download Here Exercise 24 - Leaves on a Stream Download Here Exercise 25 - The Traffic Download Here Exercise 26 - Clouds in the Sky Download Here Exercise 27 - Taming the APE - An Anchoring Exercise Download Here Exercise 28 - The ABC Form in Functional Analysis Download Here Exercise 29 - PACE Activity Exercise Download Here Exercise 30 - Graded Hierarchy of Anxiety Provoking Situations Download Here Exercise 31 - The Behavioural Experiment Download Here Exercise 32 - ACT Exposures Exercise Download Here Exercise 33 - Worry - Thinking Time Download Here Exercise 34 - Submissive, Assertive & Aggressive Communication Download Here Exercise 35 - Sleep Hygiene Factors Download Here Exercises 36 - 38 (Abdominal Breathing, Aware Breathing, The Five-Minute Daily Recharge Practice) Download Here Exercise 39 - Wheel of Emotions Download Here Exercise 40 - Linking Feelings and Appraisals Download Here Exercise 41 - Personal Resilience Plan Download Here Exercise 42 - CBT Learning Log Download Here ACT With Choice Exercise Download Here Angels and Devils Worksheet Download Here Transdiagnostic Model of OCD Worksheet Download Here Tuning In Exercise Download Here Penguin-Based Therapy (PBT) Download Here Big Picture Exercise Download Here Post-Therapy Journal Download Here Catch it-Check it-Change it Exercise A brief cognitive change exercise for identifying and altering negative thinking Download here Download The Think CBT Workbook Here To get a free copy of the 90 page Think CBT Workbook and Skills Primer, click on the download button and save the PDF document to your personal drive or device. The free version of the Think CBT Workbook is presented as a static PDF, so that you can read the document on your device and print worksheets to complete by hand. In return for a free copy of the workbook, please help us to promote best practice in CBT by sharing this page or linking back to our website or social media profile. Download a copy Do you constantly feel overwhelmed by worry, stress, or panic? Does anxiety interfere with your daily life, making it difficult to focus, relax, or enjoy the present moment? If so, you're not alone—but you don't have to let anxiety control your life. The Anxiety and Worry Workbook: The Cognitive Behavioral Solution is a scientifically backed, step-by-step guide designed to help you break free from excessive anxiety. Based on cognitive behavioral therapy (CBT)—the most effective, research-supported treatment for anxiety—this comprehensive workbook offers practical exercises, expert guidance, and proven strategies to help you retrain your mind and regain control over anxious thoughts. Why This Workbook is Your Ultimate Guide to Overcoming Anxiety ✓ Developed by Experts: Created by CBT pioneer Dr. Aaron T. Beck and anxiety specialist Dr. David A. Clark, this workbook is grounded in decades of clinical research. ✓ Hands-On Approach: Features customizable worksheets, exercises, and real-life examples to help you apply CBT techniques in daily life. ✓ Tailored for Lasting Results: Learn step-by-step strategies to identify anxiety triggers, challenge negative thought patterns, and face fears gradually and safely. ✓ Fully Updated Second Edition: Includes the latest research on panic attacks, social anxiety, and stress management, plus additional graphics and troubleshooting tips. What You'll Learn Inside This Powerful Workbook Understand Your Anxiety - Identify what triggers your worries and recognize unhealthy thinking patterns. Challenge Negative Thoughts - Reframe anxious thinking and replace it with rational, calming self-talk. ☺ Safely Confront Your Fears - Gradual exposure techniques to desensitize yourself to anxiety-inducing situations. Master Stress-Reduction Techniques - Learn mindfulness, relaxation, and grounding exercises to ease daily stress. Break the Cycle of Avoidance - Overcome fear-based avoidance behaviors that reinforce anxiety. Develop Long-Term Coping Skills - Create a personalized action plan to maintain progress and prevent relapse. Who Can Benefit from This Workbook? [] Anyone struggling with chronic worry, generalized anxiety, social anxiety, or panic attacks who wants evidence-based solutions. [] Individuals looking for self-help resources to complement therapy or medication. [] Mental health professionals and therapists seeking structured CBT exercises for clients. People new to cognitive behavioral therapy (CBT) who need a clear, easy-to-follow guide. Why Readers Love The Anxiety and Worry Workbook "A life-changing workbook! The exercises are simple, effective, and actually work. My anxiety has significantly decreased." " This book gave me practical tools to manage my anxiety—without feeling overwhelmed. Highly recommend for anyone struggling with worry." " My therapist recommended this, and it's been a game-changer. The step-by-step approach makes overcoming anxiety feel doable." " What Makes This Workbook Stand Out? CBT from the Source: Developed by Dr. Aaron T. Beck, the father of cognitive behavioral therapy, alongside anxiety expert Dr. David A. Clark. Interactive & Action-Oriented: Features printable worksheets, guided exercises, and real-world examples to help you apply CBT effectively. Updated with the Latest Research: Covers panic attacks, social anxiety, and new tools for troubleshooting progress. Scientifically Proven Techniques: Backed by decades of clinical studies, ensuring real and lasting results. Start Taking Control of Your Anxiety Today! Imagine a life where worry and fear no longer dictate your choices. With The Anxiety and Worry Workbook, you'll gain the skills to quiet your mind, face challenges with confidence, and finally break free from anxiety's grip. Get your copy today and take the first step toward a calmer, more balanced life!