

Cognitive behavioral therapy (CBT)

A CBT Conversation About One Situation

Adults and teens 13+ | 10 to 15 minutes

Cognitive behavioral therapy explores connections among experiences, interpretations, feelings, and actions. This page is a starting conversation, not a complete CBT protocol. The aim is to understand what maintains a difficulty and what might help, while taking real constraints seriously.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Keep the parts separate

Choose a manageable situation. Record observable facts, what went through your mind, how you felt, and what you did. Include what happened next rather than treating the first thought as the whole explanation.

Consider an alternative response

Ask what information is missing and what action might support your goal. A balanced view can acknowledge both uncertainty and genuine unfairness. You do not need to replace every painful thought with a positive statement.

1. What happened, and what interpretation came to mind?**2. What feeling and action followed, and what was the immediate result?****3. What context or information would make the picture more complete?****4. What small response could you discuss or test safely with your clinician?****Clinical use and adaptation**

Use a collaborative formulation; do not label beliefs distorted before understanding context. Adapt language and cognitive demands. Specialized OCD, panic, trauma, psychosis, and other treatments require their own assessment and competent delivery.