

CBT+Relaxation Homework sheet Worksheet

Follow the routine to practice relaxation techniques. In the first column, do write the Cognitions(thoughts) that came into your mind followed by the behavior. And below the first box, rate your feelings out of 10 pre and post relaxation.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cognitions							
Behaviour							
Pre-relaxation							
Post-relaxation							
Cognitions							
Behaviour							
Pre-relaxation							
Post-relaxation							
Cognitions							
Behaviour							
Pre-relaxation							
Post-relaxation							
Cognitions							
Behaviour							
Pre-relaxation							
Post-relaxation							