

## CBT – Feeling Overwhelmed

### Common Interventions

- Identifying negative thought patterns
- Challenging cognitive distortions
- Practicing behavioral activation
- Using thought-stopping techniques

### Homework Assignments

- Complete a thought record for 3 events that caused emotional distress.
- Track mood changes and related triggers for one week.
- Identify one automatic negative thought per day and reframe it.
- List 3 coping strategies you used this week and how effective they were.

### Plan Statement for DAP Notes

Client will maintain a cognitive journal to track automatic thoughts and practice reframing techniques.