

Cognitive Processing Therapy Worksheets



SOUTH SHORES
DETOX

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These CPT worksheets are intended to be used for self-reflection purposes only and do not constitute a diagnosis or formal therapy. If you struggle with PTSD or trauma, please call South Shores Recovery @ 877.919.8833 for professional support.

Identifying Stuck Points

The purpose of this worksheet is to identify and better understand any “stuck points,” or lingering negative thoughts that relate to the traumatic event.

Section 1: Briefly describe your traumatic event.

Section 2: Check any of the statements you agree with:

- ☐ I should have done something differently.
- ☐ I could have prevented this from happening.
- ☐ The world is totally unsafe.
- ☐ I have failed.
- ☐ I can't trust anyone but myself.
- ☐ People will always let you down.


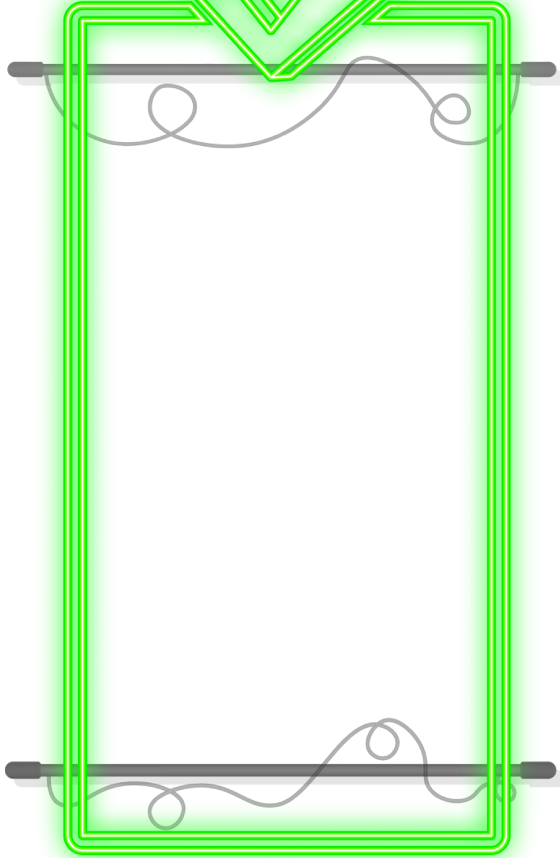

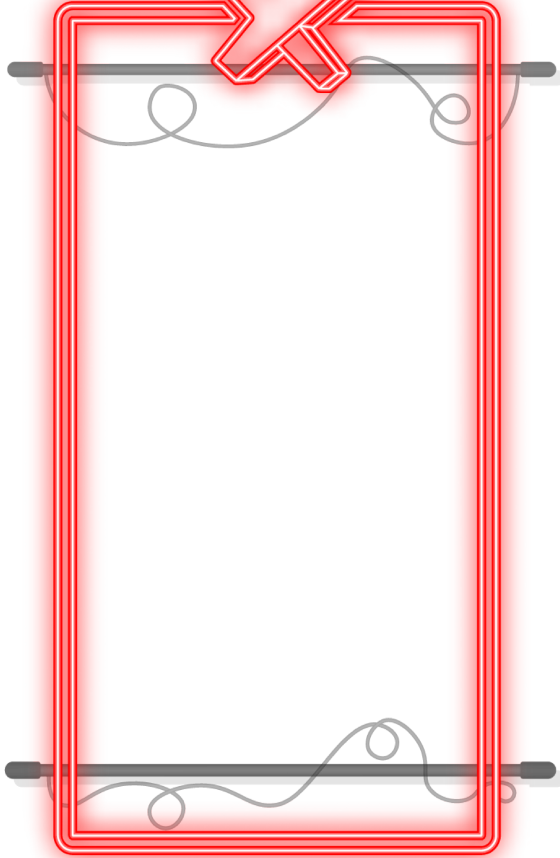
Section 3: List any stuck point you have but aren't listed above:

Challenging Stuck Points

The purpose of this exercise is to challenge and change how you think about your stuck points.

Section 1: List 1 of your stuck points from the previous worksheet below:

Section 2: List evidence FOR and AGAINST this stuck point:

 	 
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Section 3: Based on the evidence, write a more balanced, fair thought:

Trauma Impact Statement

The purpose of this worksheet is to understand how trauma has impacted your belief system and open you up for healing.

Section 1: Write a detailed description of your traumatic event(s):

Section 2: Describe in 3 paragraphs how the trauma has changed your beliefs about: How you see yourself; your thoughts about others; and, finally, your worldview.

Section 3: Has your trauma helped you discover any strength or resilience that you didn't know you had? Check one.

YES ☐

☐ **NO**