

ADHD CBT Techniques Worksheet

Overview

This worksheet provides practical tools and exercises for managing ADHD symptoms through Cognitive-Behavioral Therapy (CBT). These techniques focus on developing cognitive and emotional skills, enhancing problem-solving, and promoting positive behavior change.

CBT Techniques Practice Log

Strategy	Date	Duration	Experience	Reflection
Cognitive Restructuring				
Goal Setting and Planning				
Problem-Solving Skills				
Behavioral Activation				
Self-Monitoring				

Instructions:

1. **Select a Technique:** Choose a CBT technique to practice.
2. **Record Details:** Note the date, duration, and your experience with the technique.
3. **Reflect on Practice:** Reflect on how the technique affected cognitive and emotional well-being.
4. **Review Regularly:** Review your practice log to identify patterns and areas for improvement.

These handouts are designed to provide clients with practical tools and techniques that they can use to manage various mental health issues. Each handout is structured to offer a comprehensive understanding of the techniques, allowing clients to practice and implement them effectively in their daily lives. Feel free to adjust and expand on these materials to suit your specific needs and preferences.

Schedule your mental health appointments at www.theappointments.ca

Cognitive Restructuring Exercise

Objective: To identify and change negative thought patterns that contribute to emotional distress and maladaptive behavior.

Steps:

1. Identify Negative Thoughts:

- Recognize automatic negative thoughts or cognitive distortions (e.g., all-or-nothing thinking, catastrophizing).

2. Challenge Negative Thoughts:

- Evaluate the accuracy of these thoughts and consider alternative perspectives.

3. Replace with Positive Thoughts:

- Develop balanced, realistic thoughts that promote positive behavior and emotional well-being.

Reflection Questions:

- What negative thoughts did you identify, and how did you challenge them?
- How did cognitive restructuring affect your emotional state and behavior?
- How can you practice cognitive restructuring in daily life for improved well-being?

Goal Setting and Planning Exercise

Objective: To enhance motivation and achievement by setting clear, attainable goals.

Steps:

1. **Define Specific Goals:**
 - Break down long-term goals into smaller, manageable steps with clear timelines.
2. **Develop Action Plans:**
 - Create detailed plans outlining the steps needed to achieve each goal.
3. **Monitor Progress:**
 - Track progress regularly and adjust plans as needed.
4. **Reward Achievements:**
 - Reinforce progress with rewards or recognition for accomplishing milestones.

Reflection Questions:

- What goals did you set, and how did you plan to achieve them?
- How did goal setting and planning impact motivation and progress?
- How can you use goal setting to achieve success in various areas of life?

Problem-Solving Skills Exercise

Objective: To develop effective strategies for identifying, analyzing, and resolving problems.

Steps:

1. **Identify the Problem:**
 - Clearly define the problem and its impact.
2. **Generate Solutions:**
 - Brainstorm multiple solutions, considering their pros and cons.
3. **Select and Implement a Solution:**
 - Choose the most feasible solution and implement it with a clear action plan.
4. **Evaluate Results:**
 - Assess the effectiveness of the solution and make adjustments if needed.

Reflection Questions:

- What problem did you identify, and what solutions did you consider?
- How did problem-solving skills affect your ability to address challenges?
- How can you apply problem-solving skills to various situations in life?

Behavioral Activation Exercise

Objective: To increase engagement in positive activities that enhance mood and reduce stress.

Steps:

1. **Identify Enjoyable Activities:**
 - List activities that bring joy and fulfillment.
2. **Schedule Activities:**
 - Plan regular participation in chosen activities to boost mood and motivation.
3. **Monitor Engagement:**
 - Track participation and its effects on mood and overall well-being.
4. **Adjust as Needed:**
 - Modify the activity schedule to ensure consistent engagement and enjoyment.

Reflection Questions:

- What activities did you choose, and how did they affect your mood?
- How did behavioral activation impact your motivation and well-being?
- How can you incorporate positive activities into your routine for better mental health?

Self-Monitoring and Reflection Exercise

Objective: To increase self-awareness and self-regulation through regular monitoring and reflection.

Steps:

1. **Record Thoughts and Behaviors:**
 - Keep a daily log of thoughts, emotions, and behaviors.
2. **Identify Patterns:**
 - Analyze logs for patterns or triggers that impact behavior and mood.
3. **Set Improvement Goals:**
 - Develop goals for behavior change based on identified patterns.
4. **Reflect on Progress:**
 - Regularly review logs to assess progress and adjust goals as needed.

Reflection Questions:

- What patterns or triggers did you notice in your thoughts and behaviors?
- How did self-monitoring affect your self-awareness and behavior regulation?
- How can you use self-monitoring to support personal growth and development?