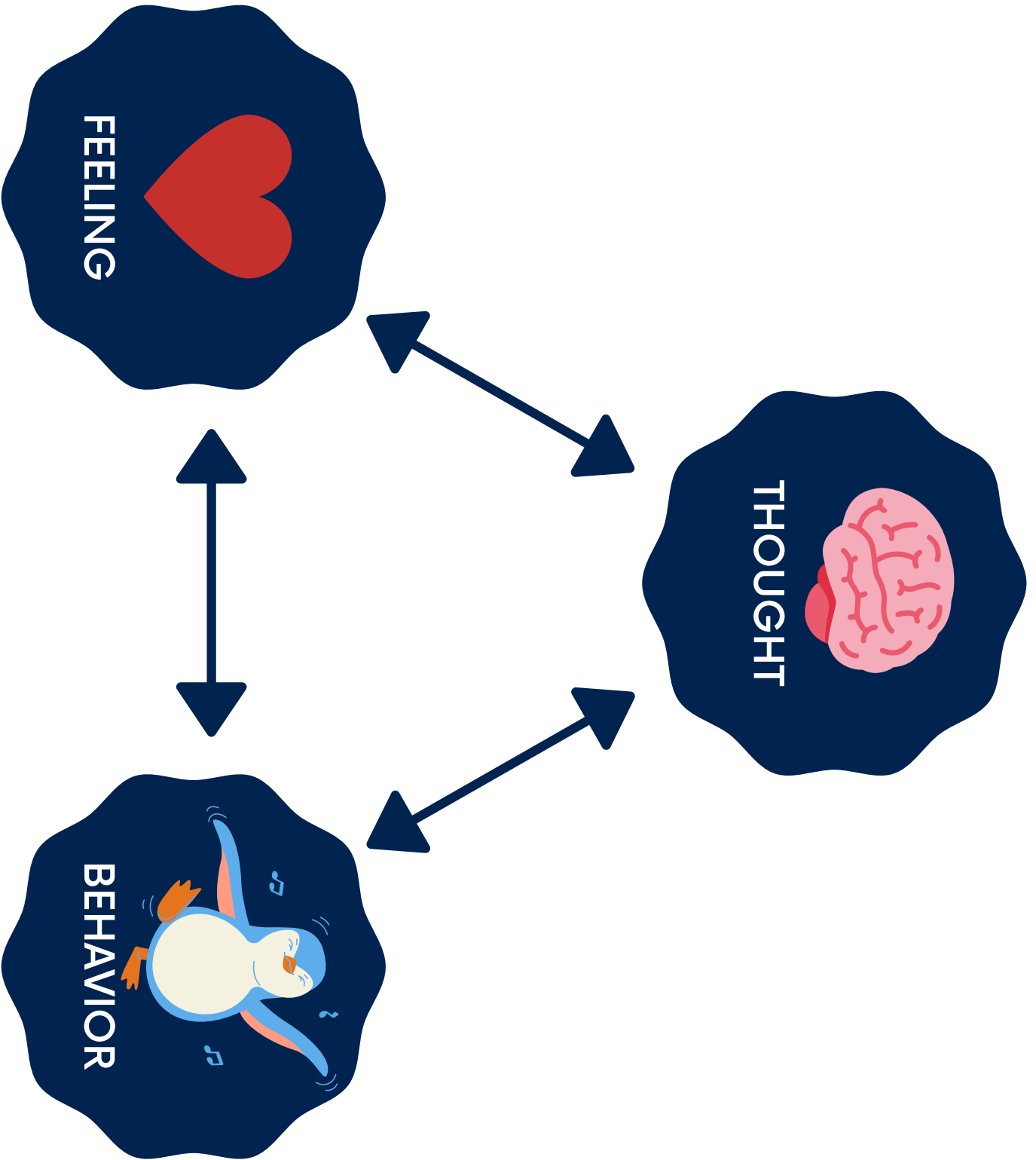


# ***CBT SORTING***

**Our thoughts, feelings, and behaviors are all connected! Our thoughts and feelings happen inside our body. No one can see them! But our behaviors happen on the outside of our body! Practice sorting these using the CBT Sorting game.**

1. Print the CBT Sorting cards double sided with the words on one side and the answer (thought, feeling, behavior) on the other side.
2. Start with one of the 3-card sets. Make sure the sentences are facing UP and the answer is facing DOWN (hidden).
3. Now, sort the cards using the CBT triangle page!
4. Once you have sorted the three cards, flip them over to see if you got it right!
5. Take turns with the other players sorting the thoughts, feelings, and behaviors!
6. Use the blank page to make up your own examples.



**BEHAVIOR**



**THOUGHT**



**FEELING**



**BEHAVIOR**



**THOUGHT**



**FEELING**



**BEHAVIOR**



**THOUGHT**



**FEELING**



**BEHAVIOR**



**THOUGHT**



**FEELING**



**I'M HAPPY**

**I LIKE PLAYING  
WITH MY FRIEND**

**WE GIGGLE  
TOGETHER**

**I'M SAD**

**I WANTED A NEW  
TOY**

**I CRY**

**I'M FRUSTRATED**

**MY SISTER IS  
ANNOYING**

**I YELL AT MY  
SISTER TO LEAVE  
ME ALONE**

**I'M CONFUSED**

**THIS HOMEWORK  
IS DIFFICULT**

**I RAISE MY HAND  
TO ASK MY  
TEACHER A  
QUESTION**

**BEHAVIOR**



**THOUGHT**



**FEELING**



**BEHAVIOR**



**THOUGHT**



**FEELING**



**BEHAVIOR**



**THOUGHT**



**FEELING**



**BEHAVIOR**



**THOUGHT**



**FEELING**



**I'M EXCITED**

**BIRTHDAY PARTIES  
ARE SO MUCH FUN**

**I JUMP UP AND  
DOWN**

**I'M PROUD**

**I WORKED HARD  
ON MY HOMEWORK**

**I HANG MY  
HOMEWORK ON  
THE FRIDGE**

**I'M SCARED**

**THERE MIGHT BE A  
MONSTER UNDER  
MY BED**

**I HIDE UNDER MY  
COVERS**

**I'M WORRIED**

**I MIGHT NOT MAKE  
ANY FRIENDS IN MY  
NEW CLASS**

**I ASK MY  
THERAPIST HOW  
TO MAKE FRIENDS**

**BEHAVIOR**



**THOUGHT**



**FEELING**



**BEHAVIOR**



**THOUGHT**



**FEELING**



**BEHAVIOR**



**THOUGHT**



**FEELING**



**BEHAVIOR**



**THOUGHT**



**FEELING**



**I'M BRAVE**

**I MIGHT MESS UP  
WHEN I PRESENT  
MY PROJECT TO  
THE CLASS**

**I TAKE A BIG  
BREATH AND  
PRESENT MY  
PROJECT**

**I'M CONFIDENT**

**I AM REALLY  
GOOD AT SOCCER**

**I SMILE REALLY  
BIG WHILE I PLAY**

**I'M BORED**

**THERE IS NOTHING  
TO DO TODAY**

**I WATCH TV ALL  
DAY**

**I'M EMBARRASSED**

**EVERYONE THINKS  
I AM WEIRD**

**I HIDE MY FACE IN  
MY HANDS**



**BEHAVIOR**



**THOUGHT**



**FEELING**



**BEHAVIOR**



**THOUGHT**



**FEELING**



**BEHAVIOR**



**THOUGHT**



**FEELING**



**BEHAVIOR**



**THOUGHT**



**FEELING**



