



The South African Porphyria Foundation

CBT for Coping with Chronic Illness Worksheet

Cognitive behavioral therapy addresses thoughts and beliefs in order to manage feelings, by taking a negative situation and seeing how you can interpret your feelings and challenge your thought process to focus on positive outcomes. Complete the following each day. We have included an example in the first line to give you an idea of what to put down.

Event	Feelings	What are your thoughts?	Challenge your thoughts
Left at home while my wife goes out to a movie	Sad, lonely, resentment, anger	I hate it that I can't go to the movies anymore. It's not fair. She just leaves me here with a stranger. She gets to go out and I have to stay here with someone I don't know.	It is sad that I can't do things with her. Life with MS is not fair. I am angry about the disease, not my wife. My sitter is not really a stranger – I just miss my wife.



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