

## CBT Worksheet for Parenting

### The Parenting Challenge

What happened?

Describe a recent situation with your child that triggered stress, frustration, or self-doubt.

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### What Were You Thinking?

What automatic thoughts ran through your mind in that moment?

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### What Did You Feel?

Check any that apply and rate intensity (0–10):

- ☐ Frustrated \_\_\_\_    ☐ Angry \_\_\_\_    ☐ Guilty \_\_\_\_  
☐ Overwhelmed \_\_\_\_    ☐ Sad \_\_\_\_    ☐ Helpless \_\_\_\_  
☐ Other: \_\_\_\_\_

### Challenge the Thought

Ask yourself:

- Is this thought 100% true?
- Am I being too hard on myself?
- How would I speak to a friend in this situation?

Your more balanced or helpful thought:

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### What Can I Do Differently?

Choose one constructive response:

- ☐ Take a break before responding  
☐ Use a calm tone and simple instructions  
☐ Set a clear boundary or consequence  
☐ Offer praise for positive behavior  
☐ Ask for help or support  
☐ Other: \_\_\_\_\_

My plan for next time:

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### Quick Reset Tools for Parents

- Take 3 deep breaths before reacting
- Step away for a moment if safe to do so
- Use a calming phrase: "This is hard, but I can handle it."
- Remember: Progress, not perfection