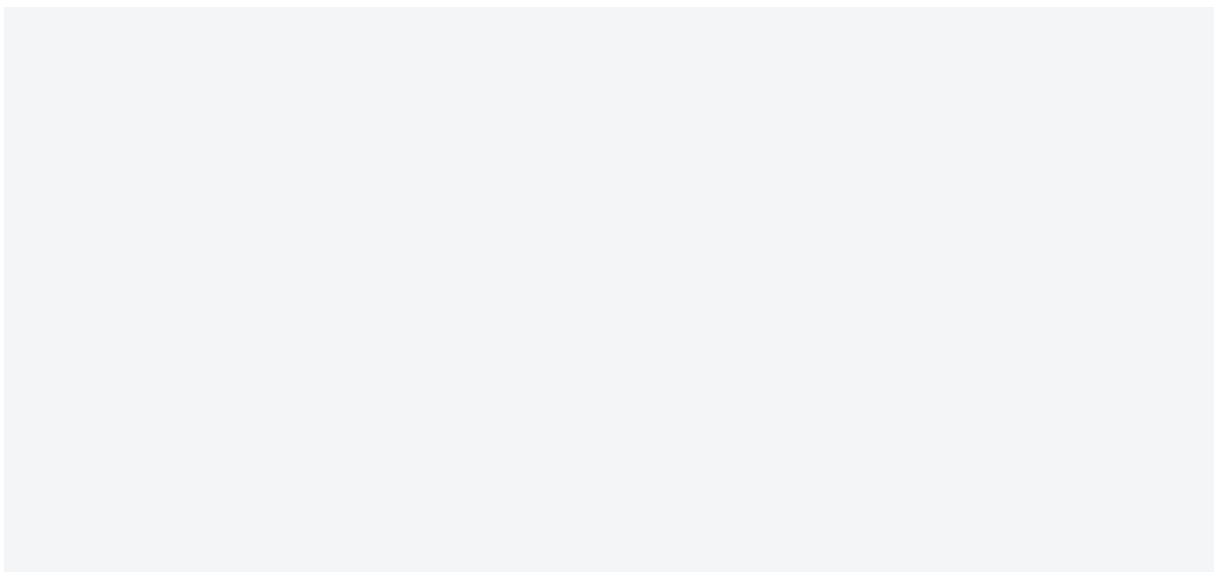


## Thought Tracking During Cognitive Remediation Therapy (CRT)

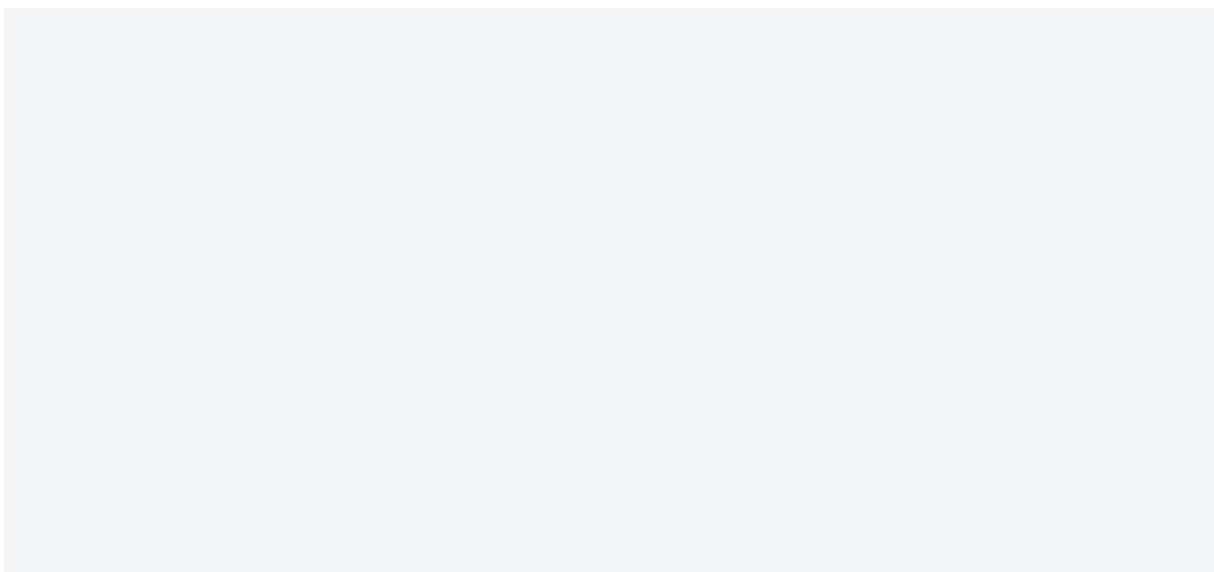
This worksheet is valuable for identifying and recording the client's goals for that day's cognitive remediation therapy session and understanding how it relates to their overall treatment goals.

Ask the client to answer the following questions:

**What was your personal goal for today's therapy session?**



**How did your personal goal compare to your overall goals for cognitive remediation therapy?**



Consider how you took control of your thoughts to help your cognitive:

What negative thoughts did you identify?	What reframing did you use?	What do you plan to do to prevent future challenging behavior?

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