

Cognitive Behavioral Therapy Word Bank

Core Concepts

Thoughts, Feelings,
Behaviors, Core
Beliefs, Schemas



Cognitive Distortions

Catastrophizing, All-
or-Nothing Thinking,
Overgeneralization,
Mind Reading



Behavioral Techniques

Exposure Therapy,
Journaling,
Relaxation, Activity
Scheduling



Thinking Patterns

Automatic Thoughts,
Cognitive
Restructuring,
Socratic Questioning



Emotional States

Anxiety, Depression,
Stress, Calm,
Mindfulness



Positive Outcomes

Resilience, Self-
Awareness, Coping
Skills,
Empowerment,
Growth

