

Exercise 42 – CBT Learning Log

Use this table to record the most important learning points from each CBT session and describe how you will implement the changes.

Session	Key Learning Points	CBT Assignment	Change Commitments
1.			
2.			
3.			
4.			
5.			
6.			
7.			

Session	Key Learning Points	CBT Assignment	Change Commitments
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			