

CLIENT-FACING SCRIPT ADAPTATION WORKSHEET

CBT Principles

Client Name: _____

Date: _____

Target Communication Goal: _____

STEP 1: SELECT YOUR BASELINE SCRIPT

Locate a letter template from the Words to Wellness 9,000+ Letters/Scripts library that matches your current situation.

Script Title / Reference ID: _____

STEP 2: IDENTIFY AUTOMATIC THOUGHTS & COGNITIVE DISTORTIONS

Upon choosing the most appropriate WTW script, read through the baseline WTW script. Highlight any phrasing that feels reactive, inflammatory, or driven by automatic thoughts.

Original Script Text / My Initial Thoughts:

Identified Distortion (e.g., Catastrophizing, Mind Reading, All-or-Nothing Thinking):

Example: "You never care about how busy I am."

Distortion: All-or-Nothing Thinking / Overgeneralization

STEP 3: COGNITIVE REFRAMING TO OBJECTIVE LANGUAGE

Rewrite the problematic WTW sections using objective facts, "I" statements, and clear boundary definitions.

1. State the Objective Fact: (What actually happened, free of judgment?)

2. Express the Impact: (How did this specific situation affect you?)

3. Define the Request or Boundary: (What specific, measurable change are you requesting?)

STEP 4: FINAL ADAPTED WTW SCRIPT

Combine your reframed statements into a concise, non-defensive message ready for review with your therapist.

My Revised Script:

Therapist Review: ☐ Reviewed in session ☐ Revisions needed ☐ Ready for role-play