

CPT/ABC Worksheets: Stuck Point Log

Use this log to identify, challenge and change the stuck points that keep you struggling with trauma. Share with your therapist.

1) Name a single stuck point you want to work on:

2) List any facts or evidence that supports the stuck point:

3) List any fact that disproves the stuck point:

4) Based on evidence or facts that prove or disprove the stuck point, write a factual statement about the changed belief.



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