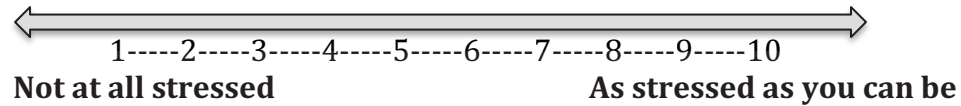


CF-CBT: A Cognitive-Behavioral Skills-Based Program to Promote Emotional Well-Being for Adults with Cystic Fibrosis
Session 1: Overview of the Program & Introduction to CBT

Use this scale to rate your level of stress:



<u>Stressful Situation/What happened?</u>	<u>Stress Level (1-10)</u>	<u>Emotions: What was I feeling?</u>	<u>Cognitions: What was I thinking?</u>	<u>Actions: How did I respond? What was I doing?</u>	<u>Coping Response: Did I do anything that was helpful to manage stress?</u>
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