



My CBT Journal

A space to notice your thoughts, question them, and find a kinder, more balanced view.

Cognitive Behavioural Therapy (CBT) rests on a simple idea: how we feel and what we do are shaped by how we think about a situation, not just the situation itself. When we learn to catch our thoughts and look at them closely, we gain more choice over how we respond.

The CBT cycle

Thoughts	Feelings	Behaviours
<i>What goes through my mind</i>	<i>Emotions and body sensations</i>	<i>What I do, or avoid doing</i>

Each one feeds the others. Change one, and the rest begin to shift too.

How to use this journal

- **Write soon after:** fill in a Thought Record as close to the upsetting moment as you can, while the details are fresh.
- **Be specific:** "My manager didn't reply to my email" is more useful than "Work was bad."
- **Rate, don't judge:** score emotions from 0 to 100. There are no right or wrong numbers.
- **Spot the trap:** use the Thinking Traps page to name the pattern behind a thought.
- **Look for patterns:** the weekly review helps you see what keeps coming up.
- **Bring it to sessions:** your entries give you and your therapist something real to work with.

What I hope to get from this journal

e.g. worry less about work, feel calmer before exams, understand my anger

This journal supports therapy; it doesn't replace it. If you're in distress or feel unsafe, please reach out to your therapist or call Tele-MANAS on 14416 (free, 24x7).



Common Thinking Traps

Also called cognitive distortions. Tick the ones you notice most often.

☐	All-or-nothing thinking	Seeing things in black and white. "If it's not perfect, it's a failure."
☐	Catastrophising	Jumping to the worst possible outcome. "This headache must be something serious."
☐	Mind reading	Assuming you know what others think. "They think I'm boring."
☐	Fortune telling	Predicting the future as fact. "I'll definitely mess up the interview."
☐	Overgeneralising	One event becomes a rule. "This always happens to me."
☐	Mental filter	Focusing only on the negative and ignoring the positive.
☐	Discounting the positive	"That compliment doesn't count, they were just being nice."
☐	Should statements	Rigid rules for yourself or others. "I should never feel anxious."
☐	Labelling	Defining yourself by one moment. "I'm an idiot" instead of "I made a mistake."
☐	Personalisation	Blaming yourself for things outside your control.
☐	Emotional reasoning	"I feel it, so it must be true." "I feel guilty, so I must have done wrong."
☐	Magnifying / minimising	Blowing up your flaws and shrinking your strengths.

My most common trap, and what usually sets it off



Thought Record 1

Slow the moment down, look at the evidence, and find a more balanced view.

Date: _____ Time: _____

1. The situation

Where was I? Who was there? What happened?

2. Emotions & body sensations

Name & rate 0-100, e.g. anxious 80. Tight chest?

3. Automatic thought(s)

What went through my mind? Circle the "hot" thought, the one that stings most. How much do I believe it (0-100%)?

4. Evidence for

Facts only, not feelings or guesses

5. Evidence against

What doesn't fit? What would a friend say?

6. Thinking trap(s) I notice

See the Thinking Traps page

7. A more balanced thought

Weighing all the evidence, what's a fairer, kinder view?

8. Re-rate & next step

Emotions now (0-100)? One small thing I can do next?



Thought Record 2

Slow the moment down, look at the evidence, and find a more balanced view.

Date: _____ Time: _____

1. The situation

Where was I? Who was there? What happened?

2. Emotions & body sensations

Name & rate 0-100, e.g. anxious 80. Tight chest?

3. Automatic thought(s)

What went through my mind? Circle the "hot" thought, the one that stings most. How much do I believe it (0-100%)?

4. Evidence for

Facts only, not feelings or guesses

5. Evidence against

What doesn't fit? What would a friend say?

6. Thinking trap(s) I notice

See the Thinking Traps page

7. A more balanced thought

Weighing all the evidence, what's a fairer, kinder view?

8. Re-rate & next step

Emotions now (0-100)? One small thing I can do next?



Activity & Mood Log

Track what you do and how it affects your mood. Small, doable activities count.

Rate each activity for **Mood** (0-10), **Pleasure** (P, 0-10) and **Mastery** (M, 0-10): the sense of achievement, even for small tasks like doing the dishes.

Day	What I did (morning · afternoon · evening)	Mood	P	M
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

What lifted my mood this week? What dragged it down?



Worry Log & Coping Plan

Separate the worries you can act on from the ones you can learn to let go.

Date	What I'm worried about	Can I act on it? (Y/N)	If yes, my next step. If no, how I'll let it be

My coping toolkit

Write down what genuinely helps you settle when emotions run high.

Things that calm my body <i>e.g. slow breathing, a walk, a warm shower</i> _____ _____ _____ _____	Things that calm my mind <i>e.g. writing it out, music, grounding with my 5 senses</i> _____ _____ _____ _____
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People I can reach out to _____ _____ _____	Words I want to remember _____ _____ _____
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Weekly Reflection

Step back and look at the bigger picture of your week.

Week of: _____

Overall mood this week 0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Situations that triggered strong emotions

Thoughts or thinking traps that kept showing up

What went well, and my part in it

Three things I'm grateful for

What I learned about myself

My one small goal for next week

Make it specific and doable: what, when, where

To discuss in my next session
