

CBT Thought Journal Worksheet

Date: _____

Time: _____

1. Situation

- Describe the situation in which you experienced the negative thought: (e.g., Where were you? Who were you with? What was happening?)

2. Emotions

- What emotions did you feel in that moment? (e.g., anxiety, sadness, anger, frustration, fear, etc.)
- Rate the intensity of each emotion on a scale of 1 to 10:

Emotion	Intensity (1-10) (1 = very mild, 10 = extremely intense)
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•	•

3. Automatic Thoughts

- What negative or unhelpful thoughts came to mind? (e.g., "I'm not good enough," "I'll never succeed," "People will judge me," etc.)

4. Cognitive Distortions

- Which cognitive distortions might be at play in your thoughts?
(e.g., all-or-nothing thinking, catastrophizing, overgeneralization, etc.)

5. Evidence For & Against

What evidence supports these thoughts? (Look for facts that confirm your belief.)	What evidence contradicts these thoughts? (Look for facts that challenge or disprove your belief.)

6. Alternative Thoughts

- What would be a more balanced or realistic thought about the situation?
(Think of a more grounded and less extreme perspective.)

7. New Emotional Response

What emotions do you feel after considering the alternative thought?
(Check in with how your feelings may have shifted after challenging the negative thought.)

8. Re-rate Emotions

- Rate the intensity of each emotion now (1-10):

Emotion	Intensity (1-10)

9. Behavioural Reaction

- How did you behave in response to the original thought?
(e.g., Avoiding a situation, acting impulsively, withdrawing, etc.)
- How would you behave now with the new, balanced thought in mind?
(e.g., More confident, open to a challenge, calmly addressing the situation, etc.)

10. Reflection and Learning

- What did you learn about yourself from this experience?
(Reflect on any insights you gained about your thoughts, emotions, or behaviour.)

By regularly using this journal, you'll be able to build awareness of the patterns in your thinking, feel more empowered to challenge those patterns, and develop healthier responses to difficult situations.