

### Challenging Negative Thoughts (CBT Thought Log)

This thought log can help you gently challenge negative or anxiety-provoking thoughts. It also provides a space to reflect on your responses, helping you begin to notice patterns and triggers over time. As you continue to practise, you may find yourself becoming more able to respond to these thoughts with more balanced and helpful perspectives.

<b>Situation</b> What happened? Where were you? Who were you with?	<b>Thought</b> What was going through your mind? Try to note the exact thought if you can.	<b>Emotion</b> What emotions did you notice? How strong were they (0–100%)?	<b>Body Sensations</b> What did you notice in your body? (e.g. tight chest, racing heart)	<b>Alternative / Balanced Thought</b> Is there another way of looking at this situation?	<b>Outcome / Reflection</b> How do you feel now? Has anything changed?