**CBT Thought Journal:   
Breaking Free from Intrusive Thought Loops**

**Instructions:**  
Use this journal as a guided tool to work through your intrusive thoughts. Each section follows the **CBT process** outlined in the step-by-step guide. Take your time, be honest with yourself, and track your progress.

**1. Identify the Intrusive Thought**

* **What thought keeps repeating in your mind?**  
  *(Write down the exact thought that keeps looping in your head.)*

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* **What emotions does this thought trigger?** *(Circle all that apply or add your own.)*
  + ⬜ Anxiety
  + ⬜ Sadness
  + ⬜ Anger
  + ⬜ Guilt
  + ⬜ Fear
  + ⬜ Shame
  + ⬜ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **When does this thought usually appear?** *(e.g., at night, after a stressful event, when alone, etc.)*

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**2. Challenge the Thought**

* **Is this thought 100% true?** *(Yes/No – Explain why.)*

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* **What evidence supports this thought?** *(List any real facts that seem to confirm it.)*

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* **What evidence contradicts this thought?** *(List facts that prove this thought may not be entirely true.)*

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* **If a friend had this thought, what would I say to them?** *(Write a response as if you were comforting a friend.)*

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**3. Reframe the Thought**

* **How can I rewrite this thought in a more balanced, realistic way?** *(Turn it into a thought that is kinder and more constructive.)*

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**4. Shift Focus with Action**

* **What small action can I take to break the thought loop?** *(Choose one – e.g., go for a walk, do deep breathing, talk to a friend.)*

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* **After taking action, how do I feel?** *(Write a few words or rate your emotions before and after on a scale of 1-10.)*

**Before:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **After:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5. Create Your Thought Loop Exit Plan**

* **When I notice an intrusive thought, I will:**
  1. Recognize the thought loop.
  2. Challenge & reframe the thought.
  3. Take a small action to shift focus.
  4. Remind myself: **“Thoughts are not facts.”**
* **I will keep this journal to track my progress.** *(Daily, Weekly, As Needed?)*

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* **If I feel stuck, I will reach out for help.**  
  *(You can email me at* [*richard@mynd.works*](mailto:richard@mynd.works) *if you need extra support!)*

**Reflections & Progress**

* **What have I learned about my thought patterns?**

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* **What strategies have helped me the most?**

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* **How do I feel overall compared to when I started?**

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**Final Note:**

Healing takes time, and progress is not always linear. Keep going, use this journal as often as needed, and remember—you are in control of your thoughts, not the other way around.