

CBT Journaling

Cognitive behavioral therapy (CBT) journaling can help people explore their thoughts and emotions to work toward positive changes.

Identify negative thought patterns: write down a negative thought you've had. Ask, "What supports or contradicts this?"

Track emotions: record your emotions, noting when they occur. Explore if your thoughts contributed to these.

Analyze behaviors: choose a behavior you want to better understand. Write down the circumstances surrounding it.

Set realistic goals: write down a goal you want to achieve. Break it down into smaller, actionable steps.

Express gratitude: reflect on your day and identify things you're grateful for. Write down how these made you feel.