



Weekly Thought & Distortion Log



AWARENESS TODAY, CHANGE TOMORROW.

Purpose: Increase awareness of your thoughts and the cognitive distortions that may be influencing how you feel and act in real life situations.



HOW TO USE: 1–2 times each day, write down a real situation, the thoughts that came up, how you felt, and any cognitive distortions you notice.



BE HONEST. There are no right or wrong answers. This is for YOU.

	REAL SITUATION What happened? Be specific.	THOUGHT(S) What went through my mind?	EMOTIONS What did I feel? (Use words or rate 0–10)	COGNITIVE DISTORTION(S) What distortion(s) showed up? (See list below)	ALTERNATIVE / HELPFUL THOUGHT What is a more balanced or helpful way to think about this?
MONDAY 	1.				
	2.				
TUESDAY 	1.				
	2.				
WEDNESDAY 	1.				
	2.				
THURSDAY 	1.				
	2.				
FRIDAY 	1.				
	2.				
SATURDAY 	1.				
	2.				
SUNDAY 	1.				
	2.				

☆ COMMON COGNITIVE DISTORTIONS (for reference)

• All-or-Nothing Thinking

Seeing things in black and white; no gray areas.

• Mental Filter

Focusing only on the negative details and ignoring the positive.

• Jumping to Conclusions

Making a negative assumption without all the facts.

• Emotional Reasoning

Believing something is true because it "feels" true.

• Labeling

Assigning a negative label to yourself or others.

• Overgeneralization

Drawing a broad negative conclusion from a single event.

• Discounting the Positive

Rejecting positive experiences by insisting they "don't count."

• Magnification (Catastrophizing)

Exaggerating the importance of something; expecting the worst.

• Should Statements

Holding rigid rules or expectations for yourself or others.

• Personalization

Blaming yourself for things that are not entirely your fault.



WEEKLY REFLECTION ♥

● What patterns did you notice in your thoughts or distortions this week?

● What situations or distortions impact you most?

● What is one new or helpful thought you want to practice this week?

♥ REMEMBER:

Awareness is the first step toward change. You are making progress!

