

Thought Log



How to Fill Out the Columns:

Event That Occurred

- What event caused a shift in your mood?
- Write only the facts (who, what, when, where).

Automatic Thought & Core Belief

- Automatic Thought: What immediate thought popped into your head?

The Distortion/Lie

- What cognitive distortion or false core belief is driving this? (e.g., Catastrophizing, Mind-Reading, or believing "I am worthless").

Response (Emotions & Behaviors)

- Emotions: How did you feel emotionally and physically? (e.g., panicked, tight chest, depressed).
- Behaviors: How did you react or cope? (e.g., isolated myself, snapped at my spouse, avoided the task).

Outcome (Challenging Thoughts/The Biblical Reframe)

- The Reframe: Challenge the distortion. What is the objective reality, and what does God's Word say about this false belief?
- New Outcome: How does reframing this thought with truth regulate your emotions and change how you will act next?

DATE	EVENT THAT OCCURRED	AUTOMATIC THOUGHT	THE LIE	RESPONSE	OUTCOME
06/23/26	I made a huge mistake during my presentation today.	"I am stupid and everyone thinks I'm bad at my job."	My worth is defined entirely by my performance and other people's approval.	Emotions: Shame, heavy anxiety, and a desire to hide. Behaviors: I withdrew from my coworkers, skipped lunch, and isolated myself for the rest of the day	God's Truth: Galatians 1:10 reminds me I am seeking the approval of God, not man. My identity is rooted in being a child of God, not in my job performance. New Outcome: I still feel disappointed, but the shame is gone. I will apologize for the error tomorrow, learn from it, and give myself grace.

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