

Cognitive Restructuring

Identify a thinking trap and write a more useful thought.

Cognitive restructuring helps you notice common thinking traps — catastrophizing, all-or-nothing, mind reading, fortune telling — and rewrite the thought in a more flexible way.

NAME (OPTIONAL)

DATE

Trigger

What event or situation set this off?

Hot thought

What automatic thought is most upsetting right now?

Thinking trap

Which pattern fits? Common ones: catastrophizing · all-or-nothing · mind reading · fortune telling · should-statements · personalization · emotional reasoning · labeling.

Evidence check

What facts support this thought? What facts don't?

Reframed thought

Write a more balanced, accurate, or useful version.

Action step

What's one small thing you can do today based on the reframed thought?
