



Cognitive Journal



Your mind impacts how your brain works! Think of your brain like a muscle. The more you train your brain to think a certain way, the stronger those thought patterns get! Just like exercise! Use the following page to journal about your thoughts!

Situation or Event:
Feelings about the event:
Automatic Thought(s):
Challenging questions:
Healthier Thought(s):
What experiments can I try:
What was the outcome:
What did I learn that was helpful: