

CBT Journal for Unresolved Childhood Wounds

1. Trigger or Situation

2. Automatic Thought

3. Emotion (0-100%)

4. Core Memory This Reminds Me Of

5. Cognitive Distortions Noticed

6. Evidence For the Thought

7. Evidence Against the Thought

8. Balanced / Healing Replacement Thought

9. New Emotion (0-100%)