CBT Thought Record

COGNITIVE DISTORTION & ANXIETY GROUNDING

Thought

Anxiety

Cognitive

Grounding

TRACKER

Date	Distortion	Grounding	Record	✓

CBT Thought Record

COGNITIVE DISTORTION & ANXIETY GROUNDING

- Record — step 1
- Distortion — step 2
- Cognitive — step 3
- Grounding — step 4
- Thought — step 5
- Anxiety — step 6
- Record — step 7
- Distortion — step 8
- Cognitive — step 9
- Grounding — step 10
- Thought — step 11
- Anxiety — step 12
- Record — step 13
- Distortion — step 14

Reflection