**Blog Topic: Turning Thoughts into Action: How a CBT Thought Record Can Reshape Your Day**

**Meta Description:** Struggling with negative thoughts all day, every day? Check out the MindBloom CBT Thought Record Workbook as an one stop solution to help you pause, reflect, and gently reframe your mindset—one page at a time.

**When dark thoughts overwhelm you**

Many people get consumed by the “what-if” questions and the minute possibilities of failure. Or intrusive thoughts that feel perverse invade their minds at any random moment of the day. And perhaps, you’re one of such people.

Negative thoughts like these can make it hard for you to function properly and to achieve your goals. In those moments, nothing seems to solve the dark spiralling of your thoughts. Except, there may be one thing that can help – the MIndBloom CBT Thought Record Workbook.

**Rewriting Your Narrative, One Thought at a Time**

The MindBloom CBT Thought Record Workbook can give you a safe and private space to express your unspoken thoughts and let out your darkest demons. With a clearly structured table consisting of five columns like *Situation*, *Automatic Thoughts*, *Evidence For/Against*, and *Alternative Thoughts*, you can quickly go from overwhelmed to composed.

**Let Light in Through the Fog of Stress**

The MindBloom CBT Thought Record Workbook may not be able to replace therapy, but it can be a great supplement for those who want to quietly introspect and slowly note down their own progress.

It is a quiet companion – free of distractions, clean and functional.

