

Write To Influence: The Word-Slinger Showdown!

Round 2

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

Ever felt like thoughts spiralling in your mind that you aren't worth it, overthinking too much, and this thinking leads to emotional drainage and feeling low, and you are not able to succeed at anything? You take out your anger on someone else, and in some cases, it affects your personal life too — such as your marriage, your relationship with family.

The Outburst of Emotional Pressure Building Inside You

What happens when those emotions, those negative thoughts, start taking root inside you? It starts with small sentences such as “You can't do a single thing properly,” and we all can relate — once in a day, we can't talk it out. These emotions convert your thoughts, convert your actions, and boom — your relationship suffers, your mental health suffers. You are a pressure cooker where emotions are building up.

Feel That Calmness — Thanks to CBT

Cognitive Behavioural Therapy helps you challenge those thoughts and reflect back. “Are you literally not worthy of it?” “Is it your mistake every time?” These types of questions push back the negative thoughts that have built a home inside your mind — so that you can feel at peace and enjoy your personal life to the fullest. Used by many psychologists to treat anxiety, panic attacks, insomnia, and more.

Your One-Day Ritual: MindBloom CBT Thought Record Workbook

Many of us don't have time to visit a therapist — and what will people say? MindBloom brings the therapist to you by introducing the MindBloom CBT Thought Record Workbook. Want to break free from the cage of negative thoughts? Use one page of the MindBloom CBT Thought Record Workbook daily, one page at a time, so you can slowly let go of those feelings. Let the pressure cooker open up — and let your negative thoughts whistle out. Feel that calm.

Meta Description

Caged in negative thoughts? Break free with the MindBloom CBT Thought Record Workbook. Open it, dump your feelings — one page at a time.



MindBloom CBT Thought Record Workbook

Situation	Automatic Thoughts	Evidence For	Evidence Against	Alternative Thoughts
I made a mistake during my interview	I am so dumb	<ul style="list-style-type: none">• I stumbled on my words• Interviewer looked confused	<ul style="list-style-type: none">• The interviewer was satisfied• Mistakes happens	Mistakes happens. I was confident and answered skillfully

**Break Free from Negative thoughts.
I am free.**