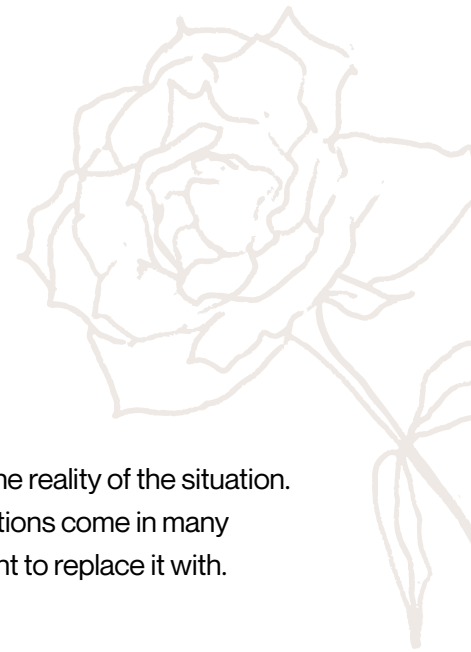


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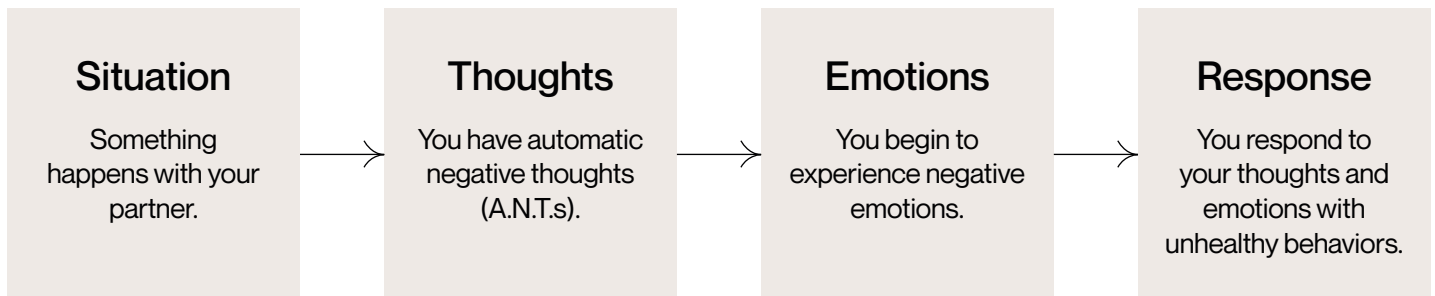
# CBT thought log exercise for couples



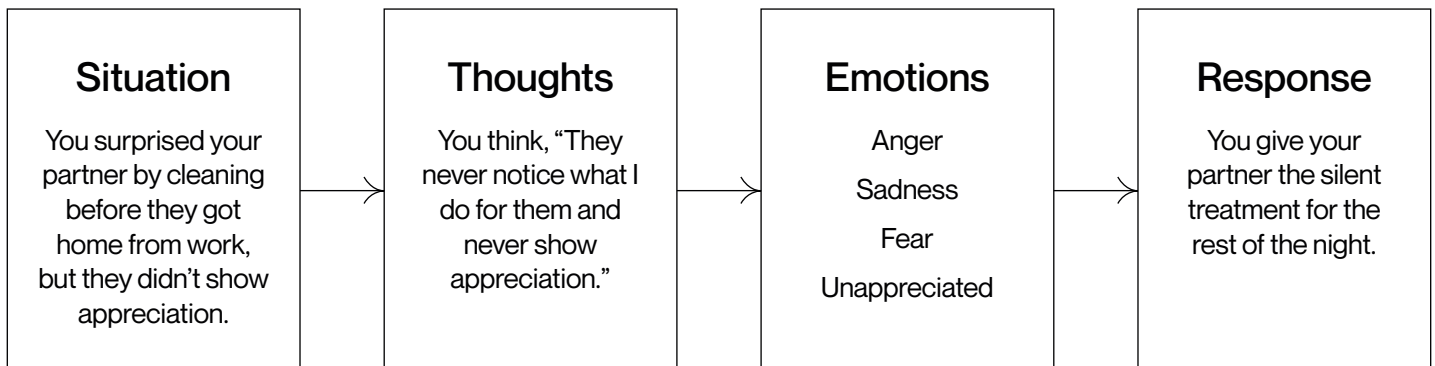
Sometimes, in relationships, how we perceive what our partner is saying or doing is not the reality of the situation. Our incorrect beliefs about the situation is called a **cognitive distortion**. Cognitive distortions come in many forms, but the goal is to catch these thoughts and find an alternative, more rational thought to replace it with.

## The cognitive model

Regardless of the situation, our thoughts follow a similar process known as the cognitive model.



## An example of the cognitive model in a relationship:



# Thought log

Using the thought log as an example, fill out a situation you've experienced recently and an alternative way to think and react to the situation. Use the empty spaces for future situations that arise.

Situation	Thoughts	Emotions	Response	Alternative thought and response