

CBT DAILY RESET

A one-page tool to observe your thoughts, shift perspective, and take a steadying action.

① FEEL What are you feeling right now?

Choose what fits, or write your own.

Tired Anxious Frustrated Empty Lonely I feel okay today

Other : _____

② THINK What's the loudest thought in your head?

Write it down, just as it is.

③ REFRAME If a close friend had this thought, what would you say?

Speak kindly to yourself the way you would to them.

④ ACT What's one gentle action you could take today?

Check or write one that feels manageable.

Take a walk Breathe for 2 minutes Drink water Tidy a small space

Something else : _____

⑤ NOTICE After doing it, what shifted inside you?

Even small changes matter.

How do you feel now?

Lighter More grounded No change Still heavy

What did you notice while doing it?

FEEL

“Let’s begin by noticing what’s here.”

1. How are you feeling right now?

Tired Anxious Frustrated Empty Lonely I feel okay today

Other : _____

2. What thoughts are coming up with this feeling?

Write down your exact words — no need to filter or explain.

3. Where do you feel it in your body?

If anywhere — tension, pressure, weight?

Chest Stomach Head Empty

Other : _____

THINK

“Let’s take a closer look at that thought.”

4. What makes this thought feel so true?

What are you afraid might happen if it’s right?

5. Could there be another way to look at it?

Imagine a wiser or more compassionate voice replying to you.

6. If your best friend felt this way, what would you say to them?

ACT

“Now let’s take one small step.”

7. What’s one thing you can do to shift or support your state?

Choose or write your own.

- Step outside for fresh air Breathe slowly for 2 minutes Drink water Journal for 5 minutes
- Something else : _____

8. After doing it, how did you feel?

Write down your exact words — no need to filter or explain.

- Lighter Clearer No shift yet Still overwhelmed

What changed in your thoughts or body (if anything)?

9. One thing I’d like to try again tomorrow:
