

Mantra of Hope Counselling Services

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[Directions & Map](#)

Brief Introductory Note on Cognitive Behavioural Therapy (CBT)

Cognitive Behavioural Therapy (CBT) is an evidence-based approach that clarifies the connections among thoughts, feelings, and behaviors. Recognizing patterns and applying new skills can reduce distress and promote healthier habits.

Daily Mood Journaling

- Purpose: To assist in identifying triggers, thoughts, behaviors, and outcomes, enabling recognition of patterns and monitoring of progress.
 - Procedure (approximately 5 to 10 minutes):
 - Note the situation (who/what/where/when).
 - Rate mood (0–100).
 - Capture key automatic thoughts.
 - Record the behaviors you chose.
 - Outcome: mood after, what helped, what to try next.
 - Simple template:
 - Date/Time | Situation | Mood (0–100) | Thoughts | Behaviors | Outcome/Learnings
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ABC Model: Activating Event – Beliefs – Consequences

- A: Activating Event (what happened)
 - B: Beliefs (automatic thoughts/interpretations)
 - C: Consequences (emotions, body sensations, behaviors)
 - Application: After identifying the Activating event, Beliefs, and Consequences, formulate a balanced alternative thought and observe subsequent changes in emotions and behaviors.
 - Quick example:
 - A: Friend didn't reply.
 - B: "They're upset with me."
 - C: Anxiety; rumination; avoid messaging.
 - Alternative B: "They may be busy; I'll check in tomorrow."
 - New C: Calmer; send a brief, kind follow-up.
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Grounding Techniques (for strong emotions or anxiety)

- 5-4-3-2-1 Senses: Name 5 things you see, 4 touch, 3 hear, 2 smell, 1 taste.
 - Box Breathing: Inhale 4s – hold 4s – exhale 4s – hold 4s (3-5 cycles).
 - Progressive Muscle Relaxation: Tense each muscle group for 5s, release for 10s, then scan the body.
 - TIP Skills for managing overwhelm include cooling the face with water or ice, engaging in intense exercise for one to two minutes, or practicing paced breathing with extended exhalations.
 - Use these in the moment, then journal the trigger and what helped.
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Weekly Activity Schedule and Self-Care

- Goal: Gradually incorporate additional 'Pleasure' and 'Mastery' activities to enhance mood and sustain progress.
 - Steps:
 - List small, specific activities (walk 10 minutes; call a friend; 15-minute tidy; read 5 pages).
 - Put these activities in your calendar with specific days and times. Start small and keep it realistic.
 - Keep track of what you complete and rate how much pleasure (P) and mastery (M) you felt on a scale from 0 to 10.
 - Review weekly: keep what works, adjust what doesn't.
 - Self-care pillars:
 - Sleep routine, balanced meals, daily movement, social connection, meaningful tasks, rest/joy.
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Common Cognitive Distortions (to watch for)

- All-or-Nothing: Seeing only extremes (“total failure” vs “perfect”).
 - Catastrophizing: Expecting the worst-case scenario.
 - Mind Reading: Assuming you know what others think.
 - Fortune-Telling: Predicting the future as fact.
 - Overgeneralization: One event defines the whole pattern (“I always mess up”).
 - Mental Filter: Focusing only on the negative detail.
 - Discounting Positives: “It didn't count; anyone could do it.”
 - Should/Must Statements: Strict rules you set for yourself that can cause guilt or stress.
 - Personalization: Blaming yourself for things that are not fully within your control.
 - Emotional Reasoning: “I feel it, so it must be true.”
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Quick Starter Template

- Daily:
 - A (Event):
 - B (Belief/Thought):
 - C (Emotion/Behavior):
 - Alternative Thought:
 - Grounding Used:
 - Outcome/Mood (0-100):
- Weekly:

Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
Wake-Up Time	Wake-Up Time	Wake-Up Time	Wake-Up Time	Wake-Up Time	Wake-Up Time	6:00
Exercise, Breakfast	Exercise, Breakfast	Exercise, Breakfast	Exercise, Breakfast	Exercise, Breakfast	Breakfast	6:00 - 7:30
Study	Study		Study			7:30 - 9:00
Appointment	Appointment			Appointment		9:00 - 10:00
Meeting, Lunch	Lunch	Meeting, Lunch	Lunch	Lunch	Lunch	10:00 - 12:30
	Grocery	Shopping	Bill Payments	Shopping	Shopping	3:00 - 5:00
Gym, Recreation	Gym	Gym, Recreation	Gym	Gym	Gym	5:00 - 6:00
Sports, Function, Library	Play Soccer		Seminar		Party	6:00 - 7:30
Travelling		Library	Library	Travelling		7:30 - 8:00
Outing, Party					Outing, Party	8:00 - 10:30



ACTIVITY PLANNER

Use this calendar to plan your own weekly activities.

Materials needed: _____

AREA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

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jottings

Tasks are your “to-do” items, like “do laundry” or “take out trash,” and they’re marked with a dot.

Events are shown as circles and can be noted before they happen (like “Dad's birthday”) or after (like “got the job”).

Notes use a dash and can be any fact, thought, idea, or observation you want to remember.

MODULES

After the bullets, you’ll find the modules.

The bullet journaling system has four basic modules:

- Index
- Future log
- Monthly log
- Daily log

THERAPY JOURNAL LOG

1-ABCDE Sheets

2-STOPP

3- SELF CARE

4- Hot Thoughts log

5- Daily Mood Journal

1-ABCDE Sheets

Activating event – what happens.

Belief – what I tell myself.

Consequences – how I feel.

Dispute – Is this thought helpful and realistic?

Is this an old pattern or a new trigger?

Focus on a positive future.

1. What's a more helpful way to handle this?

2. How will this change things?

3. Who can I talk to about this to help me process it?

STOPP

Step Back

Take a deep breath, check in with your body, and try tensing and relaxing your muscles.

Notice your thoughts, feelings, behaviors, and physical state, such as sleep, diet, and exercise.

Make a list of triggers and things that keep them going, like people, places, or themes.

Build perspective

Move forward with what helps.

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Self-care in the following domains

1- Physical

2- Personal self

3- Personal family

4- Professional -routine work

5- Professional- skills building

6- Relational- interpersonal effectiveness

7- Community

8- Spiritual- meditation-prayer-journaling

9- Spiritual-wisdom- Literature

10- Higher power alignment - check in with a trusted person

Hot Thoughts log

Negative Automatic Thought

Underlying Assumption

Core Belief

Deep Schema

Evidence for or against

Daily Mood Log*

Situation or Event: _____

Emotions	%	%	Emotions	%	%
	Before	After		Before	After
Sad, blue, depressed, down, unhappy			Hopeless, discouraged, pessimistic, despairing		
Anxious, worried, panicky, nervous, frightened			Frustrated, stuck, thwarted, defeated		
Guilty, remorseful, bad, ashamed			Angry, mad, resentful, annoyed, irritated, upset, furious		
Inferior, worthless, inadequate, defective, incompetent			Other (describe)		
Lonely, unloved, unwanted, rejected, alone, abandoned			Other		
Embarrassed, foolish, humiliated, self-conscious			Other		

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
1.				1.	
2.				2.	
3.				3.	
4.				4.	

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Daily Mood Log (cont'd)

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
5.				5.	
6.				6.	
7.				7.	
8.				8.	

Checklist of Cognitive Distortions*

1. All-or-Nothing Thinking. You look at things in absolute, black-and-white categories.	6. Magnification or Minimization. You blow things way out of proportion or shrink them.
2. Overgeneralization. You view a single negative event as a never-ending pattern of defeat.	7. Emotional Reasoning. You reason from your feelings: "I feel like an idiot, so I must be one."
3. Mental filter. You dwell on the negatives and ignore the positives.	8. Should Statements. You use "shoulds," "shouldn'ts," "musts," "oughts," and "have tos."



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