

The CBT Five-Part Change Map

Use one specific moment to understand the cycle and choose one targeted next step.

SITUATION - What happened? Record observable facts and relevant context.

MIND - What thoughts, images, memories, predictions, or meanings appeared?

EMOTION AND BODY - What did I feel, how strongly, and where did I notice it?

BEHAVIOR - What did I do, avoid, delay, repeat, or seek from others?

CONSEQUENCES - What helped immediately, and what happened later?

CHANGE TARGET - What one link will I test, and what result will I observe?

Use this page as a conversation and reflection aid. It is not a diagnosis, assessment, safety plan, or substitute for individualized professional care.