

CPT: Belief/stuck point log

Explore the thought or belief that followed the event. In CPT, these are called stuck points—rigid ideas that feel true but may not reflect the full reality.

Write the automatic thought you had. Label it as a possible stuck point and how strongly you believe it.

What did you tell yourself about what happened?

Which CPT theme does it fit?

☐ Safety ☐ Trust ☐ Power/Control
☐ Esteem ☐ Intimacy

How much do you believe this (0–100%)? Why does it feel true?



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