



◀ Calculating your CGT

How to calculate your CGT

Capital proceeds from disposing of assets

Cost base of assets

Cost base adjustments for capital works

Indexing the cost base

Using capital losses to reduce capital gains

Calculate your CGT

Follow the steps to work out your CGT, including capital proceeds and cost base.

Capital gains tax changes

Changes to capital gains tax (CGT) announced in the 2025-26 Budget don't apply to Tax Time 2026. Updates will be available at a later date.

Work on

For each financial year, such as property or shares, you need to calculate the capital gain or loss for each asset.

If you have a capital gain

you have a capital loss.

Capital gains, which is calculated as your:

Capital Gains Tax (CGT) Any capital gains less capital losses



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(CGT) [discount](#) of 50% for Australian resident
set for 12 months or more. This means you pay
capital gain on that asset.

home, are [exempt from CGT](#).

h discount

ident, buys a block of land. He owns it for
making a profit of \$10,000. He has no capital

50% CGT discount for the land. He will declare
in his tax return.

CGT

ur online calculator and record keeping tool.

d keeping tool

ts from a deceased estate, you can't use this
to calculate CGT yourself.

self

ulate your CGT.

you received for the asset

[needs](#). It is what you receive when you sell the
rent happens to it – for example, if the asset is
ive an insurance payout.

y or sell it to a friend for less than it is worth,
e the market value of the asset.

costs for the asset

t is what it cost you to acquire the asset, plus
had to acquire, hold and dispose of the asset.

e asset, you k out the loss amount using the



the asset and acquired it before 21 September
[cost base](#) for inflation up to that date instead of
to reduce your capital gain. This may give you a
some circumstances, for example if you also

Costs (step 2) from what you received

is a capital gain for this asset

is a capital loss for this asset (make sure you used
at step 2).

Step 3 for each CGT event you have had

for each asset you have sold.

Capital losses from your capital gains

[capital losses](#), go to step 7.

loss carried forward from previous years,

capital gains to subtract your losses from. If you
that are not eligible for the CGT discount, subtract
gains first. This will give you the best result (the

You had a net capital gain or loss

After step 5 is:

step 7

your net capital loss. Go to step 8.

CGT discount (50% for individuals and on capital gains that are eligible

is [eligible for the discount](#) if you are an
you owned the asset for at least 12 months.

less than 12 months you can't discount a capital



ds, the discount is 33.33%. Companies can't use

that you used for [affordable rental housing](#),
apartment, the discount is up to 60%.

t before 21 September 1999 and chose to index
you can't use the discount.

et capital gain or loss in your tax return

gain you pay tax on the gain at your marginal

loss you can't deduct it from your other income.
[it forward](#) to reduce capital gains you make in

CGT for a single asset

property for \$500,000 and sells it 5 years later

l gains or losses.

Rhi works out her capital gain as follows.

from the CGT event are \$600,000.

0,000, made up of:

\$500,000 + \$15,000 stamp
veyancing fees

00 conveyancing fees + \$12,500 agent's

he investment property is

0 = \$70,000.

tal gains or losses, so she skips to step 7.

cable.

cable.

discount to reduce her capital gain because
esident and owned the asset for at least
discount is $\$70,000 \times 50\% = \$35,000$.



capital gain of \$35,000 and a capital gain of \$18 – labels **A** and **H** respectively in the box on her tax return. She will pay tax on the net capital gain at her marginal income tax rate.

The sale of the property happens on the date of the sale or the date of settlement. For example, if contracts are signed on 1 July 2026 and settlement happens on 6 July 2026, the capital gain is reported in her tax return for the financial year ending 30 June 2027.

CGT for multiple assets

Now Rhi sells some shares in the same financial year as the property, above, except that in addition to the property, she also sells some shares in the same financial year.

The shares are at \$10 each for a total of \$10,000, including stamp duty and brokerage costs.

She sells the shares at a loss) for \$5,500. There are no brokerage costs on the sale of the shares.

Rhi works out her net capital gain or loss as follows:

Capital gain from the sale of the shares are \$5,500.

Capital loss is \$10,000. This includes stamp duty and brokerage costs Rhi had to acquire the asset.

Net capital loss on the shares is $\$5,500 - \$10,000 = (\$4,500)$.

Net capital gain of \$70,000 on her investment property (from step 6).

Net capital gain calculated as $\$70,000$ (gain from investment property) minus losses from share) = $\$65,500$

So she continues to step 7.

She applies a 50% discount to reduce the remaining capital gain on the investment property, calculated $\$65,500 \times 50\% = \$32,750$.

Capital gain of \$32,750 and a capital gain of \$18 – labels **A** and **H** respectively in the box on her tax return.



on of her tax return. She will pay tax on the net
marginal income tax rate.

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