

Managing My Thoughts

Try using the process to question your own thoughts. You can simply write your answers out, think them through, or open this PDF on your local computer to fill in the text areas.

My thought:

Now, ask yourself the following questions:

Many people would say this thought could not be completely true. Why might they say that?

Even painful thoughts can serve a purpose. How or why might you delay moving forward by thinking this thought?

If someone you loved had this thought, what advice would you have for them?

What is a more realistic and objective thought for you?

If this thought is still problematic for you, consider [Asking for Support](#).