

## Daily Thought Work

1. Gather/embrace your feelings: Acknowledge your emotions, accept that it doesn't feel good but will eventually end. The sooner you embrace the feelings, the sooner it will end. Remind yourself of past experiences you have overcome despite fear or uncertainty.
2. Process your emotions: write down all your thoughts where are these feelings come from? Write down all the facts and thoughts.. what happened (Circumstance) and what are your thoughts on that circumstance... Notice how you act in that emotion/ what are you doing... what are you. Not doing what are you thinking about for yourself and others.
3. Reconceptualize: separate your facts from your thoughts... why are you choosing to believe that thought, what else could be true (be really curious) is that thought serving you?
4. Active reach: What else can you believe and think of with the new thought: (Circumstance, Thought, Feeling, Action, Result)

C: \_\_\_\_\_

T: \_\_\_\_\_

F: \_\_\_\_\_

A: \_\_\_\_\_

\_\_\_\_\_

R: \_\_\_\_\_

What else could be possible about your thought? What else can you and want to believe?