

THOUGHT WRANGLING ORIGINAL

DATE

WRITE DOWN ALL YOUR 'THOUGHTS GONE WILD' FOR 5 MINUTES
THEN CIRCLE THE TOP THREE THAT ARE THE MOST HURTFUL

1 - PICK ONE AND WRITE DOWN THE NEUTRAL CIRCUMSTANCE

2 - WRITE ONE SENTENCE ABOUT
HOW YOU THINK ABOUT #1

3 - LIST ONE WORD ABOUT HOW
THE THOUGHT MAKES YOU FEEL

4 - WHEN YOU FEEL (ABOVE), HOW DO YOU APPEAR, SHOW UP, ACT,
ETC.

5 - WHEN YOU SHOW UP (ABOVE), WHAT IS THE RESULT?

THOUGHT WRANGLING

NEW THOUGHT

DATE

1 - COPY THE NEUTRAL CIRCUMSTANCE FROM ABOVE

2 - WRITE ONE SENTENCE ABOUT HOW YOU WANT TO THINK ABOUT IT

3 - LIST ONE WORD ABOUT HOW THE THOUGHT MAKES YOU FEEL

4 - WHEN YOU FEEL (ABOVE), HOW DO YOU APPEAR, SHOW UP, ACT, ETC.

5 - WHEN YOU SHOW UP (ABOVE), WHAT IS THE RESULT?

WHAT DO YOU HAVE TO PUT INTO PLACE TO FEEL (ABOVE) ABOUT (CIRCUMSTANCE)?