

My Inner Thoughts Check-In

Our inner thoughts can happen so automatically that we don't always notice what we are saying to ourselves. Taking time to notice your self-talk can help you recognize negative thoughts and begin looking at them more closely.

Think about your day, something that has been bothering you, or thoughts that seem to repeat themselves. Write down any negative statements you notice yourself thinking.

Don't worry about changing them yet. For now, simply notice and record them.

Noticing My Negative Inner Thoughts

What negative things have I been telling myself?

1. _____

2. _____

3. _____

4. _____

5. _____

Looking at My List

What do I notice about the things I have been telling myself?

Are any of these thoughts repeated often or connected to similar situations?

Are any of these statements based on something I know to be true, or am I making assumptions?

Do I notice words such as *always*, *never*, *everyone*, or *no one*, or other statements that leave little room for another possibility?

How do these thoughts affect the way I feel about myself or the situation?

How do they affect what I do, don't do, or how I respond?

How do these thoughts affect my relationships with others?

Taking a Closer Look

Choose one negative thought from your list that you would like to look at more closely. You don't have to prove that the thought is wrong. The purpose is to explore what you know, what you may be assuming, and whether there are other ways to understand the situation.

The thought I chose:

What Do I Know?

What facts or experiences seem to support this thought?

What facts or experiences do not support this thought?

Is any part of this thought based on an assumption or something I don't actually know?

Is There Another Way to Look at It?

What else could this situation mean?

How might someone else see this situation differently?

If someone I cared about had this same thought, what might I say to them?

Putting It in Perspective

What am I expecting or afraid will happen?

How likely is that outcome? What other outcomes are possible?

How important might this situation feel later—next week, next month, or farther into the future?

Is This Thought Helping Me?

What happens to my feelings or actions when I believe this thought?

Is this thought helping me handle the situation, solve a problem, or move toward what I want?

Is there something I can do, learn, ask about, or find out that could help me with this situation?

Turning the Thought Around

Turning around a negative thought doesn't mean pretending everything is positive. Think about what you discovered and look for a way to describe the situation that is **realistic, balanced, and more helpful**.

My original thought:

A more realistic and helpful thought could be:

How does the new thought change the way I feel about myself or the situation?

One Last Check-In

What would I like to remember the next time I notice myself having a negative inner thought?
