



HOW DO THESE THOUGHTS AFFECT YOU?



How do these thoughts make you act or behave differently?

How have these thoughts changed the way you act or feel in your day-to-day life?



HOW DO THESE CHANGES SERVE YOU?



What gains are you experiencing from your change in thinking or behavior?



EVIDENCE THAT SUPPORTS YOUR THINKING



What evidence do you have to back-up these gains?

What facts from your own life support your reaction?

(It's ok not to be able to find much to write in this section)