



Finding A New Thought Worksheet

The Think, Feel, Act Cycle*

What is your current painful thought? _____

Why are you choosing to believe it? _____

Is there any part of this thought that is not factual? _____

What part of this thought is your opinion? _____

Can you imagine someone else having this exact thought with a different opinion? _____

On a scale of 1 – 10, how important is this thought? _____

How big is this thought? The size of a penny? A bread box? A building? _____

How can you make this thought smaller? _____

What would you say to a small child thinking this thought? _____

Write down three (3) better feeling thoughts that you truly believe:

1. _____

2. _____



3. _____

When you plug this new thought into the self-coaching model, what changes? _____

What is funny about the original thought? (Find something, anything). _____

How would your life change if you changed this one thought? _____

What is the new thought? _____

Rewrite the new thought until you truly believe it. _____

