

Use the Noticing Thoughts Worksheet to help you keep track of your thoughts. See if you can pause in those moments when you would normally become very caught up and fused with your thoughts and take some time to simply notice your thoughts and make a few notes.

NOTICING THOUGHTS WORKSHEET

<p>Notice your thoughts</p> <p>What is your mind actually saying? Are there words? Are there images?</p>	<p>Label the thought</p> <p>Is this a judgement, criticism, evaluation? Is it about the past, the present or the future?</p>	<p>How fused are you with this thought?</p> <p>Is this an old story? Do you feel closed or less engaged? Is this thought helpful to you?</p>