

## NOTICING THOUGHTS WORKSHEET

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