

EXERCISE: MY USEFUL THOUGHT PATTERNS

1. RECOGNISING USEFUL THOUGHTS.

Stop and think about the thoughts you've had lately. Which useful thoughts can you recognise?

2. PICK ONE USEFUL THOUGHT TO FOCUS ON.

What happened or what did I do then? Where was I and who was I with? What happened afterwards?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above. It occupies the majority of the page's vertical space.