



Put the thought under the spotlight	Your response
What would you tell a friend who said the same thing?	
Are you basing this on how you feel rather than on the facts?	
What would other people say? Would they be more encouraging?	
Are you looking at the whole picture? What are you overlooking?	
Does it really matter so much? Based on the wider picture in the world today.	
What would I say about this looking back six months from the future?	
Do I apply one set of standards to myself and another to others? Are you being harder on yourself than on others?	

Review the impact of your thought on you now. Look at the thought again.

Write it here:

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