

A Week of Catching Them

Spend a week noticing thoughts, without trying to change any of them yet.

WHEN TO USE THIS

Use this for seven days. One line a day is enough.

Do not try to fix anything this week. Just catch them. One line is plenty.

One row a day, whenever a thought knocks you sideways.

DAY	THE THOUGHT	BELIEVED IT 0-10

Read them back at the end of the week. What repeats?

Which one would be worth working on first?

Noticing is the whole job this week. It counts as doing something.