

Catching It as It Goes By

Slow one thought down enough to see the words it actually used.

WHEN TO USE THIS

Use this soon after a moment your mood dropped and you are not sure why.

Thoughts move fast. The one that hurt only lasted a second. The work is slowing it down enough to read it.

What was the last moment your mood dropped today? What was happening?

What went through your mind right then? Write it word for word.

The exact words, even if they are harsh.

How much did you believe it at the time?

0	1	2	3	4	5	6	7	8	9	10
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Not at all

Every word

Reading it back now, how much do you believe it?

Once it is on paper it stops being the air you are breathing.