

The Second Sentence

Practice the line you say after the first thought lands.

WHEN TO USE THIS

Use this when the first thought is not going to stop showing up.

You cannot always pick the first thought. You can pick what you say next. That is the second sentence.

Write the first thought, then a kinder second one that is still true.

FIRST THOUGHT	SECOND SENTENCE

Which second sentence is hardest to believe? What makes it hard?

Which one will you keep for this week?

It does not have to be positive. It has to be true and a bit kinder.