

Try It and See

Test what a thought says will happen by trying one small thing and watching.

WHEN TO USE THIS

Use this when a thought has been keeping you away from something.

What does the thought say will happen if you do the thing?

For example: if I speak up, they will laugh at me.

What small thing could you do this week to find out?

You tried it. What actually happened?

What does that tell you about the thought?

One try is not proof. It is more than the thought has given you.