

What Your Mind Says at the Time

Catch the sentence your mind says mid-surge, and answer it on paper instead.

WHEN TO USE THIS

Use this soon after one, while you still remember the words.

Write the exact sentence your mind said. Word for word, even if it is ugly.

What made it feel true at the time, and what argues against it now?

FELT TRUE BECAUSE

ALSO TRUE

Write a second sentence to keep next to the first one.

Not a happy one. A fair one.

Right now, how believable is that first sentence?

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Not at all

Completely

You do not have to win the argument. You only have to stop taking it as a fact.