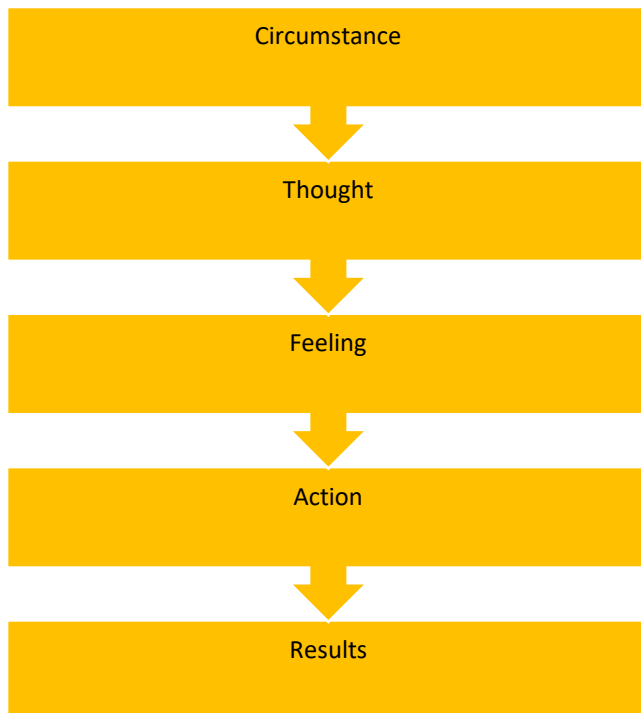


### Thought Model

Work through this model either starting from the top to the bottom (to understand impact of thoughts) or from the bottom to the top (to plan and consider the actions, feelings, and thoughts needed to reach the results you want).



Source: [The Life Coach School](#)

### Tampering Down a Thought

Choose a thought that isn't serving you – and brainstorm “less intense” or tampered down versions of a thought that may better serve you. Try those new thoughts on for size.

Example:

- Meetings are a waste of time
- Some meetings are necessary and important
- I can see value in meeting to move projects forward
- Meetings can have value
- I get new ideas and a push forward from meetings

### **Thought Dump/Download**

Take time each day (5 minutes is fine!) to write down your thoughts- whatever comes to mind. Try not to self-censor. By doing this exercise consistently, we can uncover our thoughts and get more perspective about how the thoughts are serving (or not serving) us. As you take time to look for patterns and meaning from your thoughts, practice self-compassion and approach this with curiosity rather than judgement.

You can free-write or you can also use prompts or quotes to guide you. Here are some questions you may want to consider using:

- Where in my life am I being reactive? What underlying thought might be causing this?
- What is the interpretation I am making about a circumstance? What other interpretations could there be?
- What “truths” have I created in my mind that I need to unpack?
- What do I mean by \_\_\_\_\_ ? (e.g., good, bad, productive, strong)