

Softening a Painful Thought

What is your current painful thought?

How would your life change if you changed this one thought?

What would you say to a small child thinking this painful thought?

What is the opposite of that painful thought? (Try to change as few words as possible.
Ex: Joe should pick up his underwear would change to Joe shouldn't pick up his underwear.)

List (at least) three examples from your life of how this new (opposite) thought is true.
(The more examples, and the more challenging it is to come up with them... you are digging deep... the better.)

1.

2.

3.



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Softening a Painful Thought (page 2)

Can you change your original thought by changing a few of the words to make the feeling it causes less intense? Try it here.

Write down three better-feeling thoughts that you truly believe

1.

2.

3.

If you are having a challenge coming up with a less painful thought that feels really true to you, try starting from the end and working backwards...

What result do you want?

What action would you have to have to create that result?

What feeling would you have to have to create that action?



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Softening a Painful Thought (page 3)

What thought would you have to have to create that action? (This should be a softer thought.)

What evidence do you have for this new, softer thought already? What evidence can you take action to create?



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