

Use these questions to help you explore which forms your thinking takes throughout the day. Then review the approaches to address this thinking to identify which approach is best for which type of thinking.

Are my thoughts emphasizing a concept I believe?

Are my thoughts a rehearsal something I might carry out later (telling someone something, email)?

Do I project into the future and imagine how a situation will play out?

Do I believe projecting will protect me in some way?

Are my thoughts related to making plans for work or my personal life? Planning

Are my thoughts explaining a belief or concept?

Are my thoughts justifying a belief or concept?

Why do I feel the need to explain or justify?

Are my thoughts pushing myself to do more or be better? Pressure

Do I sometimes think I am lesser of a person because of an action, emotion or thought? Devaluing or Shame

Do I relive a past event in my mind and analyze my actions or someone else's actions? Rumination

Do I relive a past event in my mind and make decisions about myself or other people? Rumination

Do I entertain certain thoughts because I am afraid I might forget about it later? Tasks

Do I worry about how an event in my life might unfold?

Do I worry about finances?

What else do I worry about?

When I do not know all the details of an event do I fill in the missing information with guesses or assumptions?

Do I think about the tasks I need to complete?

Do I think thoughts of blame, anger, or resentment?

What are the ways I believe my thinking protects me?

Do I believe my thinking is the best way to solve a problem? Problem-solving

Do I think about material items I hope to have in the future? Desire or fantasy

Do I think about relationships I hope to have in the future? Desire or fantasy

Do I think about a status I hope to have in the future? Desire or fantasy

Based on the thinking indicated, what approach is appropriate? Here are a few examples: Redirect with two-minute exercise, practice of noting, gain awareness of sympathetic nervous system, self-compassion, humility, trust, set boundary, "Right now its like this." "My breath is my purpose in this moment." "I don't need to explain or justify what I believe," emotional mapping.

Thinking	Approach	Details
I justify and explain my viewpoint in my head.	"I don't need to justify or explain what I believe."	I will use mindfulness to notice when I engage in this type of thinking and then pause to say the affirmation.