

## “Thoughts are just thoughts” log

Please write a few examples throughout the week on the “thoughts are just thoughts log” below. Practice reminding yourself, “I’m having the thought \_\_\_\_\_” noticing your thoughts as an experience, without instantly believing them as facts.

Situation		<p>Example:</p> <p>My Partner is 15 minutes late.</p>
Anxious Thought(s)		<p>“I bet there was an accident.”</p>
Emotional Response		<ul style="list-style-type: none"> <li>• Afraid</li> <li>• Anxious</li> <li>• Sad</li> </ul>
Physical Reaction		<ul style="list-style-type: none"> <li>• Increased muscle tension in shoulders.</li> <li>• Increase in heart rate.</li> </ul>
Actions Taken/Avoided		<p>Called every three minutes.</p>
Evidence this Thought is Not a Fact		<ul style="list-style-type: none"> <li>• My partner is often late.</li> <li>• Traffic is bad.</li> <li>• It turned out my partner was in traffic with cell phone off.</li> </ul>