Thoughts, Feelings, and Facts

Practice noticing a difficult thought without having to argue with it.

GENTLE REMINDER

You do not have to replace a thought with a positive one. The aim is to create a little room for curiosity and choice.

A recurring thought I have noticed

Choose a manageable example rather than your most distressing belief.

I notice I am having the thought that…

Write the thought as a thought, not as a confirmed fact.

What emotion or body response accompanies it?

You can write “I do not know” or leave this blank.

What facts do I actually have right now?

Distinguish direct observations from predictions or interpretations.

What would be a compassionate next step?

For example: a pause, asking for information, or speaking with someone.

Educational self-reflection only; not psychotherapy, diagnosis, or crisis support. Stop or skip any exercise.

Conceptual reference: Levine, P. A. (2010). In an Unspoken Voice. North Atlantic Books; Psychotherapy Networker, Levine master class (2018).

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