

Awareness.

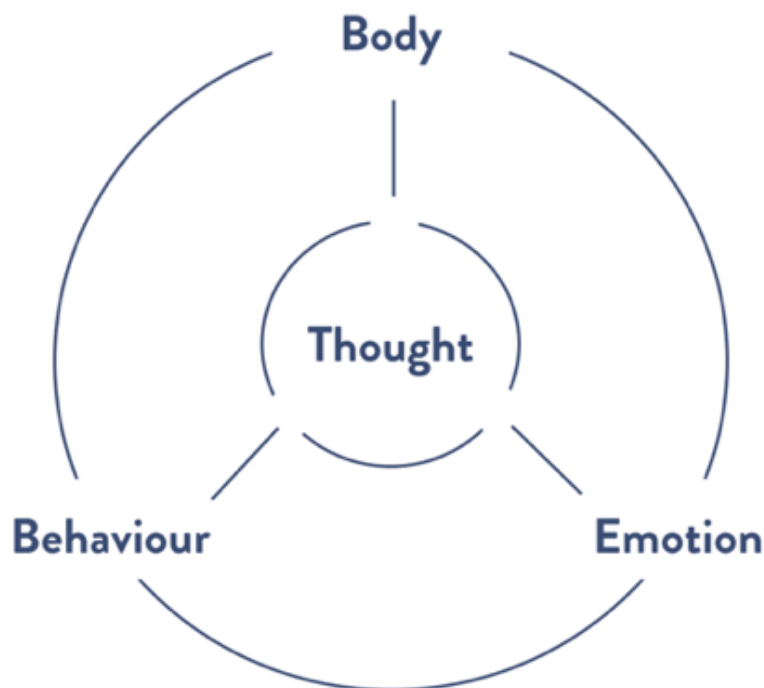
We are unconscious of _____ % of our thoughts but they do impact our behaviours.

If the thought sneaks past we can often spot evidence of it in our emotions, behaviours or our body.

By finding evidence of a triggering thought we can often trace back to the thought that started the negative loop.

Evidence of thought

To create more self awareness start by filling in the 'evidence of thought models' for any time you are triggered.



INSIGHTS

Evidence of thought

TRIGGERING THOUGHT

EMOTION

BEHAVIOR

BODY

Awareness Exercises



MEDITATION

Simply notice - sit in silence and watch, observe or notice your thoughts.

2 MINUTES

WHAT DID YOU NOTICE ABOUT THE NATURE OF YOUR THINKING?

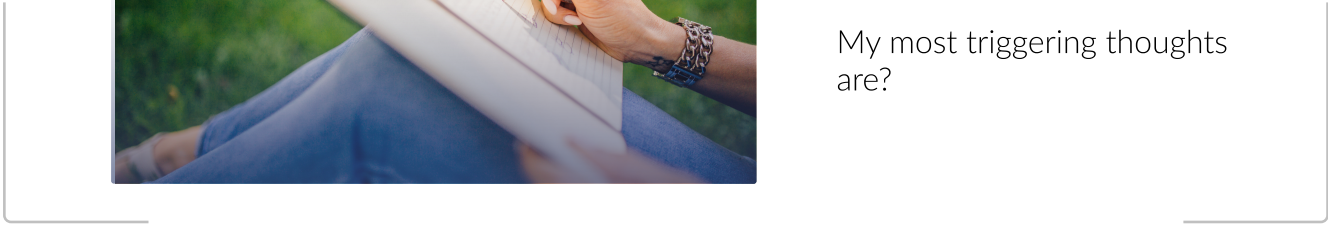


TALK THE THOUGHTS

Sit in front of a mirror or a silent partner and speak any thought that comes into your mind.

2 MINUTES

WHAT DID YOU NOTICE ABOUT THE NATURE OF YOUR THINKING?



My most common thoughts are?

My most triggering thoughts are?

[illegible]