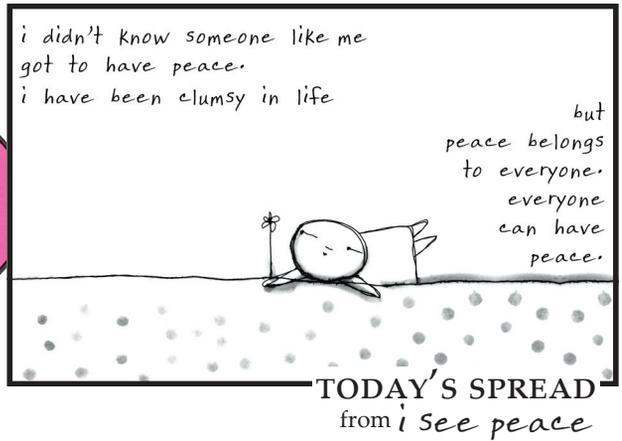


Seeing Your Thoughts



Listen to yourself, listen to your thoughts and write them down in the **Seeing Your Thoughts** worksheet.

Don't choose the ones that are about keeping track of your day. Choose the thoughts inside those thoughts. The ones that say, *I have too much to do today. I never get any support.* If you can't see those ones, notice the kinds of thoughts you're having. Are you constantly thinking about what you have to get done? Are you worrying about people or circumstances? Are you judging yourself or the situation in some way? *I always eat too much. I don't get enough exercise. There's too much to do. He never does things right.* OR, are you thinking the sky is expansive and beautiful? *Things always work out in the best way possible. I love it when that happens. I am beautiful and strong. I am happy working right now. I love you, _____.*

When you notice a thought write it down in one of the squares that best categorizes it. In the center, write in any thoughts related to peace in these 4 areas.

Do this until you have a nice sample of your thoughts or you just don't want to do it anymore.

Afterwards take a good look, notice any patterns. Are there places where your thinking is stronger and more steady and positive than others? Do your thoughts differ widely between areas or do you have a similar way of thinking about everything? What areas seem to be working well and what areas are you wanting change?

If you look closely you may notice that your thoughts fall into groups. In fact, a lot of times, we're having the same thought from a million different angles. Are there any thoughts that epitomize your thinking? For example, *life is hard and then you die.* Or maybe a little less dramatic, *life is a struggle, you just have to do the best you can.* Or even, *life is a river, you just gotta flow.*



