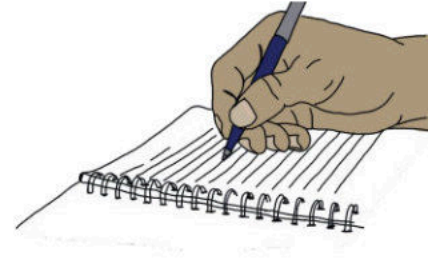


Challenge Your Thinking



Take a problem or a way of thinking that is causing you distress:

What is the problem or way of thinking you want to work on?

I want you to imagine you can respond to this problem from a number of different parts of your personality.

Firstly I want you to respond from your emotional mind- this is a place in you that is feelings based; it might contain fears, worries, anger .

Write about the issue you want to work on from your emotional mind:

For example - I want to work on friendship issues - I feel that everyone is going to leave me, friends don't stay, I'm not liked

Now I want you to imagine you have a part of you that can only write the logical response:

For example - I have a good group of friends, they have been my friend for a long time, they contact me and spend time with me

Now I want you to put both parts together to form a part of the personality we call the **wise mind**. I want you to write the feelings part down and the logical part down like this:

***I can sometimes feel that** people don't like me (rather than people don't like me). I have triggers that can make me feel this way. If I really look at the situation calmly, I know that I am liked because (list reasons)*

Your turn:

