



Helping or Hurting?

One trap we fall into is trying to decide if a thought is “accurate.” The problem is that our brains love to *feel* accurate so questioning the accuracy of something will only make our brain show us all the evidence (whether or not it is fair/helpful). A better question to ask ourselves is – Is this thought helping me get to my goal or hurting my goal? Use the chart below to track out when some tough thoughts are helpful and when they are hurtful. If they are hurtful – what is the smallest thing you can modify in the thought to make it more helpful?

<i>Day/Situation</i>	<i>What was the thought?</i>	<i>Helpful or Hurtful?</i>	<i>Change it (if we need to)</i>

