



MINDSET MASTERY GUIDE

MASTERING IRRATIONAL THOUGHTS

Think of this guide like a workout for your well-being. The more you practice, the better your mental endurance and fitness will be. Practice often to create greater resiliency, self-esteem, and courage.

Often our anxiety, depression, and poor self-esteem are triggered by Thought Distortions that reinforce our deepest fears about ourselves, others, and our future.

We tend to unquestioningly accept these Thought Distortions as true when we leave them unchecked and do not examine them more deeply.

With a deeper investigation of our Thought Distortions, we may discover important truths about ourselves and how these knee-jerk, reactive thoughts contribute to our negative, Self-Limiting Core Beliefs (take our quiz to learn more) and narratives.

Cognitive Behavioral Therapy (CBT) is a research-proven technique that can help transform depression, anxiety, and low self-esteem and help us see ourselves and the world in more empowering, balanced, and realistic ways.

CBT takes the scientific method and uses it to kick Distorted Thoughts to the curb so we can become more confident, peaceful, and hopeful.

This is the beginning of creating the life you've always wanted and becoming the person you've always wanted to be.

Brooke Sprowl



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<p><u>Trigger Situation</u> What happened? What were you doing and who were you with? Where were you? Describe in detail the Trigger Situation.</p>	<p><u>EXAMPLE:</u> <i>I had a fight with my boyfriend about moving in together.</i></p>
<p><u>Trigger Feelings:</u> Identify the feelings that arose during the Trigger Situation. Some examples of Trigger Feelings are: anxious, ashamed, depressed, guilty, ashamed, afraid, rejected. Rate the intensity of your feelings from 1-10 with 10 being the most extreme.</p>	<p>Anxious: 8 Depressed: 7 Rejected: 5</p>
<p><u>Your Thought Distortion:</u> What was going through your head when the Trigger Situation happened? What did you tell yourself about what this situation means about you, others, your life, and your future? What negative beliefs did this thought reinforce? What could happen if these thoughts are true? What images or memories do you have of this situation?</p>	<p>"He's going to break up with me," "No one will ever love me." "I don't want to be alone"</p>
<p><u>Evidence for Your Thought Distortion:</u> Which Thought Distortion from the previous column is the most distressing and disturbing to you? Circle the thought that causes the most distress. What evidence do you have supporting this thought is true? Imagine you're a lawyer arguing a case and provide all the evidence you can think of that proves this thought is true. Write down as many pieces of evidence as you can think of. Do not use any interpretation, mind-reading, or subjective information. Only include facts.</p>	<p><i>Many of my previous relationships were ended by my partners. My boyfriend said he doesn't want to move in with me. My dad left our family when I was a kid.</i></p>
<p><u>Evidence Against Your Thought Distortion:</u> What evidence do you have that this thought is not true? Imagine you're a lawyer on the opposing counsel arguing a case and providing all the evidence you can think of that proves this thought is not true. Write down as many pieces of evidence as you can think of. Do not use any interpretation, mind-reading, or subjective information. Only include facts. Use the questions on the next page to help you gather evidence.</p>	<p><i>I have many friends and family members who love and accept me. I've had some good relationships where we ended things mutually or some relationships where I ended things. My boyfriend said he loves me and wants to move in together eventually but just he isn't ready yet and wants to give it a little more time. Many people have fears that they will not be loved when they feel rejected but that doesn't mean the fears are true.</i></p>
<p><u>Thought Transformation:</u> Now take the evidence from the previous two columns and synthesize them into one statement that includes both sides of the story and includes all of the evidence for and against your Thought Distortion. Imagine you're a judge and have to combine all of the evidence to come up with a balanced statement that accurately accounts for both sides of the arguments the lawyers presented. Use the questions on the next page to help you create your Thought Transformation. Rate how much you believe this statement from 1-10.</p>	<p><i>Even though I've experienced rejection in the past and my boyfriend isn't ready to move in together yet, many people love me and I am not alone.</i></p>
<p><u>Rate Feelings:</u> Copy the Trigger Feelings from the second row at the the beginning of the exercise and rate them from 1-10, 10 being the most extreme.</p>	<p>Anxious: 4 Depressed: 3 Rejected: 2</p>

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QUESTIONS TO HELP CHALLENGE YOUR THOUGHT DISTORTIONS

- Have I had any experiences that show that this thought is not completely true all the time?
- If my best friend or someone I loved had this Thought Distortion, what would I tell them?
- If my best friend or someone who loves me knew I was thinking this thought, what would they say to me?
- What evidence would they point out to me that would suggest that my thoughts were not 100% true?
- When I am not feeling this way, do I think about this type of situation any differently? How?
- When I have felt this way in the past, what did I think that helped me feel better?
- Have I been in this type of situation before? What happened? Is there anything different between this situation and previous ones? What have I learned from prior experiences that could help me now?
- Are there any small things that contradict my Thought Distortion that I might be discounting as not important?
- Five years from now, if I look back at this situation, will I look at it any differently? Will I focus on any different part of my experience?
- Are there any strengths or positives in me or in the situation that I am ignoring?
- Am I blaming myself for something over which I do not have complete control?

QUESTIONS TO HELP CREATE YOUR THOUGHT TRANSFORMATION

- Based on the evidence for and against my Thought Distortion, is there an alternative way of thinking about or understanding this situation?
- Write one sentence that summarizes all the evidence for your Thought Distortion and a one sentence summary of all the evidence against your Thought Distortion. Does combining the two summary statements with the word "and" create a balanced thought that takes into account all the information I have gathered?
- If someone I cared about was in this situation, had these thoughts, and had this information available, what would be my advice to them? How would I suggest that they understand the situation?
- If my Thought Distortion is true, what is the worst outcome? If my Thought Distortion is true, what is the best outcome? If my Thought Distortion is true, what is the most realistic outcome?
- Can someone I trust think of any other way of understanding this situation?

NEXT STEPS...

Our Thought Mastery Guide is just one of many research-proven tools we use to help you overcome your inner roadblocks, find greater peace, and support your self-transformation.

To dive deeper and take your transformation to the next level, book a free call with one of our warm, experienced therapists.

[BOOK A FREE CALL](#)

To book a free call, click the button above or learn more at:

mylatherapy.com

We are here to answer any questions and to empower you to discover new ways of being to create a more purposeful, peaceful, and soulful life.

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