

Catch - Check - Change:

A quick way to deal with thoughts that don't feel good



Step 1: Catch the thought

What thought popped into your head?



I thought: _____

Step 2: Check the thought

Is this thought kind, fair, or helpful?

Yes



No

Because: _____

Step 3: Change the thought

What could you say to yourself instead?
A better thought might be:

MY REMINDER:
I don't have to believe every thought I think.

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