

The Thought Record

One heavy thought at a time. Restate it, then decide from what is observable.

How to use it

- 1 When a heavy thought arrives, restate it as: I am having the thought that ...
 - 2 Notice the distance the restatement creates. The thought remains; you are no longer inside it.
 - 3 Ask whether the thought is an observation or a prediction. Predictions are drafts, not records.
 - 4 Choose the next action from what is observable, not from the draft.
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Thought 1

Thought 2

Thought 3

Thought 4
