

TRUE-U

Understanding & Changing Thought Patterns

A gentle, guided tool to help you become more aware of your thinking and develop more balanced, supportive perspectives.

Our thoughts influence how we feel and how we respond to situations. By becoming more aware of our thinking patterns, we can begin to respond in ways that feel more helpful and supportive.

1. Noticing Your Thoughts

Take a moment to reflect on a recent situation. What thoughts were present for you at the time?

2. Understanding the Impact

How did these thoughts make you feel emotionally? How did they affect your behaviour or actions?

3. Checking the Evidence

Are these thoughts based on facts or are they assumptions or interpretations? What evidence supports or challenges them?

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4. Exploring Alternative Perspectives

Is there another way of viewing this situation? What might a more balanced or compassionate perspective look like?

5. Thought–Feeling–Behaviour Cycle

How did your thoughts influence your feelings and how did those feelings influence your behaviour?

6. Developing Helpful Thinking

What is a more supportive or realistic thought you could choose in this situation?

7. Moving Forward

What could you do differently next time you find yourself in a similar situation?

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8. Daily Awareness Practice

Throughout the day, gently check in with your thoughts. What are you telling yourself? Is it helpful, kind and realistic?

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