

Episode 52: How to Put Your Thoughts in Trial

Top 5 Tips

5 Tips to help you begin to put your thoughts on trial

1. **Pay attention to your thoughts:** Some of you may already be doing this, and some of you may not know what thoughts are creating your feelings. It is very important to pay attention to what thoughts and beliefs are running around up there in that brain of yours. This might be where you are right now, I want you to know that this is okay, being able to notice your thoughts is a great first step.
2. Often I have clients tell me their thoughts in question form. "Why would I do that" "What is wrong with me" "What is wrong with them," etc. If you have questions in your journal, what I want you to do is answer them. The truth is, you have been answering them all along. Why are you believing that you did that? What are you believing is wrong with you? Answer those questions- don't put a question at a top of the worksheet- always put the answer.
3. A common answer to these questions in my office is "I don't know." It may feel like you don't know the answer. Don't let yourself live in that space. Ask yourself, what would I say if I did know?
4. Often clients will say to me that "journaling doesn't work." We have this belief that if we sit down to journal when we are feeling painful feelings, that when we are done, we will feel better. This is a different kind of journaling. This is a brain dump of all the good, bad, and ugly that you have been thinking and believing. Don't edit yourself. Don't try to make yourself feel better. This is not the kind of journaling that you go back to read another day, it is solely for understanding what thoughts are rattling around in your brain about this particular topic.
5. **Ask yourself, is it useful?** This question is so simple, and so powerful. Even if you believe your thought or belief is true, ask yourself if it is useful. Is there another thought that might be more useful to you.

