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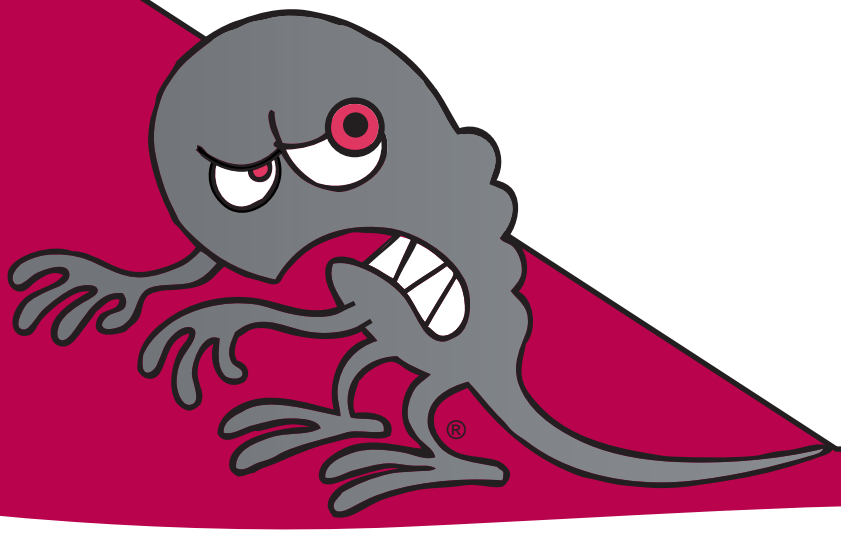
My Unhelpful Thoughts



Noticing thoughts that have an unhelpful impact on how you feel and what you do. How to fill in this sheet: Choose a recent time when you felt worse emotionally, physically, or you noticed an unhelpful response. Now play thought detective. What went through your mind at the time?

- About what you've done or not done?
- About you?
- About others?
- About God?
- About what has happened?
- About what might happen?
- About what you think other people think about you?
- About how you think God might be judging you?
- Any pictures or images that come into your mind?



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