

Workshop: Exploring Your Thoughts — Cognitive Basics & Journal Prompts

Prompts

This will help you explore how your thoughts affect your feelings and actions. Use the journal prompts below to better understand your thinking patterns and develop self-awareness.

Quick Refresher: Thoughts, Feelings & Actions

- Our thoughts influence how we feel.
 - Our feelings affect how we act.
 - Changing how we think can change how we feel and what we do.
- This is known as the 'Cognitive Triangle'.

Journal Prompts

1. What is a thought I had today that made me feel good? What did I do because of it?
2. What is a thought I had today that made me feel bad or stressed?
3. When I felt upset recently, what was I thinking at the time?
4. What belief do I have about myself that might not be 100% true?
5. Have I ever assumed what someone else was thinking? What happened as a result?
6. What's one common thought I notice myself having a lot? Is it helping or hurting me?
7. If I talked to a friend the way I talk to myself, how would they feel?
8. What could I say to myself that would be more supportive or kind?
9. Write down a difficult situation. Then describe it using the Cognitive Triangle: What did I think? What did I feel? What did I do?
10. What is one unhelpful thought I want to challenge or let go of? What could I replace it with?

Reflection

What did you learn about your thought patterns?

How might changing the way you think help you feel or act differently in the future?