

What is this thought doing

for me right now?

1

NOTICE



I'm having
a tough thought.

Pause and breathe.

3



Is this thought
helpful or accurate?



What does it pull me
toward or away from?

2

ASK



Is this thought
helpful or accurate?

What does it pull me
toward or away from?

4

CHOOSE A FUNCTIONAL STRATEGY



DEFUSION

Name the
thought
instead of
fusing with
it.



PERSPECTIVE-TAKING

Imagine you're
an observer of
the thought.

*"I'm watching
my mind tell
this story."*



SELF-COMPASSION

Offer kindness
to your
experience.

*"This is hard,
and I'm doing
my best."*



VALUES ALIGNMENT

Ask "What
matters most
here?"

*"Even with
anxiety, I can
act with care."*



GROUNDING & REGULATION

After using
this strategy,
what changed?

I felt calmer
I saw more
options
I acted in line
with my values

I need more
support

5

REFLECT

After using this strategy,
what changed?
