



Use writing as a tool to take note of our thinking. Rather than repeating, dwelling, or acting upon the thoughts that may arise, write negative beliefs on paper or enter them into an electronic journal. Allowing time to elapse between the heat of the moment and any reaction to a feeling may help diffuse the situation, ease the initial hurt, and find peace with the events we encounter. As our thoughts cease to cloud our judgment, counteract each fearful idea with a positive affirmation. Make note of a different perspective, a more objective stance, a brighter outlook. Awareness of our thoughts and reflection on our feelings allows us to replace negative beliefs with optimistic notions.

**Negative thoughts  
Fearful ideas  
Beliefs in our heads**



**Positive thoughts  
Enlightened ideas  
Love in our hearts**

