

Choose A New Thought Loop

A Metacognition Tool | Notice The Pattern

You do not have to believe every thought you have. Start with one that keeps showing up. Get curious about it before deciding what to do with it.

Take 10–15 minutes. Work with one specific situation.

Name / Date

01 Catch The Moment

What happened? What did you feel, and what did you notice in your body?

02 Name The Old Thought

What did you tell yourself? Write the actual sentence. What did it lead you to do or avoid?

03 Question The Rule

Where might you have learned this? What supports it? What challenges it? Is there a real obstacle that needs a practical plan?

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A Metacognition Tool | Practice A Different Response

04 Reach For A Believable Thought

Choose a thought that makes room for possibility and points toward action. You do not have to pretend something is already true.

05 Give It Somewhere To Go

What is one small decision you can make? When will you make it? What support or skill would help?

An Example: Earning More

Old thought: "I cannot make that much money."

New thought: "I can explore what earning more would require and practice the skills and decisions that could help me get there."

One action: Research three higher-paying roles and apply for one.

06 Notice What Practice Teaches You

After you try: What happened? What did you learn? What will you repeat or adjust?

A Short Practice Log

Date | Thought I caught | Different choice I practiced

Catch it a little sooner. Choose differently when you can. Keep practicing.