

Thought Awareness Tool

Break the Vicious Cycle at the thinking level



Step 1: Catch your Automatic Unhelpful Thought (AUT). When an event is triggering strong feelings for you ask yourself “What am I thinking?” What’s running through my mind?”

Step 2: Test your AUT. Is that a Fact or an Opinion?
Fact: Evidence to support its truth; indisputable; driven by rational thought; head.
Opinion: Based on a belief or personal view; arguable; driven by and reinforced by emotion; heart

Step 3: Reshape and Replace your AUT with a more balanced and useful thought.
Fact: Think through what choices you have, ask yourself, “What is the best thing for me to do?”

If it’s an opinion: Look at the facts – what do you truly know about the situation? Use your answers to replace the AUT with a more balanced and useful thought.
Step 4: Track the difference that Thought Awareness makes to how you feel and what you do.

Trigger event				
Step 1: Identify your AUT	How does AUT make you feel?	Step 2: Fact or opinion?	Step 3: More useful / balanced thought. If fact, what choices have you got? If opinion, what do you truly know?	Step 4: How do you feel now?