

Catching My Chaser Thoughts

As you work through each exercise, negative thoughts may pop into your head. What are you saying to yourself when you are not paying attention?
Write whatever comes into your mind.

Do not analyse or change it, simply capture it here.

E.g. I can't do this, I'm no good at daydreaming or writing

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*When you are aware of your self-talk,
you can change whatever thoughts do not serve you*