How to Deal With Sticky Thoughts



Step 1: Identify the Sticky Thought

(Okay it feel embarrassed, write it down anyway. You can be the only one to see it if you want).

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Step 2: Repeat the thought

On purpose over and over for *at least* 2 minutes until it starts to become less sticky. Try to get bored with the thought. Just because we thought it doesn’t mean we need to do it, have done it, or that it is even true. (1-10 stickiness rating)

2 min: \_\_\_\_\_\_\_ 2 min: \_\_\_\_\_\_\_ 2 min: \_\_\_\_\_\_\_

2 min: \_\_\_\_\_\_\_ 2 min: \_\_\_\_\_\_\_ 2 min: \_\_\_\_\_\_\_

(If really sticky it may take longer to get bored)

Step 3: End with a Good Coach thought.

What is the more positive, safe, or problem-solving way to think about this situation?

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