

Dynamic Thinking Worksheet.

Dates:	Before	After
1	Instances when I respond with a Cognitive Bias • • •	Instance when I no longer respond with Cognitive Bias
2	How I will change my thinking in these instances • • •	Ways that helped me change.
3	Situations that make me feel extreme emotions? • • •	Situations that no longer make me feel extreme emotions.
4	Where do these responses stem from? • • •	
5	How I will change my thought processes. • • •	How I changed my thought processes.
6	What whistles up my intrusive voice? • • •	
7.	How will I respond when Mr/Ms Negative whispers to me? • • •	Ways that have removed the power from - voice.
Areas to develop:		