

Don't Believe Everything You Think

by Joseph Nguyen

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

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01

Write the thought as text

Capture one stressful thought in quotation marks so it becomes something you can inspect.

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02

Label it thought

Add the phrase: I am having the thought that... before the sentence.

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03

List direct evidence

Write only what is directly observable in the room or situation.

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04

Choose a return point

Pick a body cue, breath, or object that brings attention back to now.

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05

Practice thought labeling

Once per day, label a thought without arguing with it.

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06

Return to one sense

Use one sense for ten seconds when a story starts escalating.

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07

Do not feed the second story

Notice one extra layer of mental commentary and let it pass without adding more.

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