NEW DAY RECOVERY

Session 10 Handout

Catch the Thought

From Session 10. Between an event and our reaction sits a thought that can be seen and examined. Thoughts are not facts — they are mental events.

Name: _____ **Date:** _____

Two people get the same short text from a family member; one hears rejection and spirals, the other hears a busy day and moves on. The event was identical; the thought did the damage. Slow the sequence down until the thought is visible enough to examine.

Situation	Thought	Feeling	Behavior

Homework: catch and write one sequence a day for five days — situation, thought, feeling, behavior. Keep them small and ordinary. We build Thought Records from these next session.