

Thought Cleanse Exercise

To complete a Thought Cleanse you must become aware of all of the thoughts that you are having about a particular circumstance. Use this thought management exercise as a tool to help you think more intentionally and view your circumstance from a more positive & more serving perspective. In the circumstance box below, list one circumstance in your life that is challenging and/or that you feel negatively about. In the thought download section, write down all of the thoughts that you are currently having about the circumstance. After, read your entire list and mark the top 3 thoughts that are causing you to feel the most negative energy. In the *Self-Care Thoughts* section write a 2-3 Self-Care Thoughts for each of the 3 thoughts the you marked. A Self-Care Thought should be something that you believe 100% , should feel better then your original thought and should be more helpful. Practice thinking the new thoughts more often than the thoughts that causing you to feel negatively. Sample Self-Care Thoughts are listed below:

Circumstance: Didn't achieve goal for the month **Thought:** I never follow through

Self-Care Thought: How can I better use my time? I can continue taking steps toward the goal. I will plan to celebrate my success so I that I stay motivated & follow through

Circumstance :

Thought Download _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____

Self-Care Thoughts _____ _____ _____ _____ Self-Care Thoughts _____ _____ _____ _____ _____ _____ Self-Care Thoughts _____ _____ _____ _____ _____ _____
--