

Essential Skills for Navigating Difficult Times

Self-Reflection Worksheet – Conditioned Thought Habits

1. **Begin to notice what kind of thinking you tend to get caught up in. Write down any thought habits you start to identify.** examples include: “poor me” thinking; “worst case” scenario thinking; “super helper” thinking”, “why me” thinking”; “I totally suck at this” thinking.

2. **Start to notice if there is a pattern to what your “first thought through” is.** Ex. I often catch myself with a first thought through of “oh shit, I am going to be in trouble” this can cause me to have a fear based reaction and can kick my stress response on unnecessarily - which in turn can lead me to deflect or bolt as part of my fight-flight-freeze response.

3. **Reflect on a moment when you were centered and “at your best”. Recall the situation and bring it fully into your mind’s eye. Let yourself remember how you felt, emotionally and physically, in that moment. As you recall the memory, describe the energy/feeling state you experienced in that moment.**

Give one example of noticing yourself in an upset and using the **6 word framework** to help yourself work through the situation.

Acknowledge: what happened, what occurred, summarize the heart of the situation/event in a sentence or two.

Honor: what are you feeling, list the full range of human emotions you are experiencing, right now. How can you demonstrate to yourself that you both make space for your emotions and care that you are having them. Do you want to tell someone what you are feeling. How can you best allow/express the emotions? Do you need to physically release the energy of the emotions in order to honor them fully. What are your emotions trying to help you understand about the situation?

Release: Give yourself permission to release the physiological energy that you are holding. Begin to connect with the present moment using one of the reset strategies you are learning in the course.

Relax: Allow yourself to simply rest in your innate health and wellbeing. Enjoy a moment of awake mental rest. Open up to new energy moving through you. Soften further into the present moment

Reflect: Check in with your core values. Write your core values related to the life area in question. What does your value guided self think about the situation? What wisdom do you hear in your own deeper knowing about the situation? What action does your value guided self think you should take?

Resolve: Take the value guided action. write down any further reflections.