

## EXAMINING YOUR THOUGHTS

What seems to be the “hot thought?” The hot thought is the key thought or idea that really drives the negative & distressing emotions?

What do you notice about your thoughts? Is there a *pattern*? Is there a *theme* to your thoughts? i.e. Are your thoughts about something in particular or a certain *topic*? Are they concerned with something in particular?

What is really distressing or bothersome about these thoughts? If they were true what would they say about:

- *You*
- *Others*
- *The World*
- *Your Future?*

In answering these questions consider other self-monitors you have completed