PAUSE, NOTICE, GET CLEARER

Thought Check

A gentle way to examine a thought before deciding what to do.

HOW TO USE THIS PAGE

Write what you can. You do not have to solve everything here. Focus on one moment and describe it as fairly as you can.

1. Name the moment

What happened? Write the observable facts, as if a camera recorded them.

What was the first thought or conclusion that came to mind?

2. Notice your response

How strong is the feeling right now? (0 = low, 10 = very strong)

0 1 2 3 4 5 6 7 8 9 10

LOW HIGH

What emotion or emotions do you notice? What do you feel in your body?

What did the thought make you want to do? What did you actually do?

“A pause can make room for a clearer choice.”

Thought Check

Gather information before choosing your next step.

3. Check the evidence

What facts seem to support the thought?

What facts may not support it, or what information might be missing?

4. Find a balanced thought

If someone I care about had this thought, what would I say to them?

What is a fair, helpful thought that makes room for the facts and my feelings?

5. Choose one next step

One small action I can take next:

If this exercise feels overwhelming, pause and reach out to someone you trust or a qualified support professional.

“You can notice a thought without treating it as the whole story.”