

Managing Your Thinking Habits

Complete the handout as a way to assess your thinking habits.

THINGS I GET DOWN ON MYSELF ABOUT

Record things about which you nag yourself—

Physical: _____

Social: _____

Spiritual: _____

Emotional: _____

Relational: _____

Intellectual: _____

Sexual: _____

Vocational: _____

Professional: _____

Personal: _____

Now go through each of the previous points and beneath that word record where you stand on each according to the following scale:

- A. I'm not ready to change this yet.
- B. I'm working on this one a step at a time.
- C. I want to work on this in the future.
- D. I'm not sure what to do with this, and I agree to ask for help.
- E. I'm not sure what to do with this. I haven't asked for help yet.