THOUGHT AWARENESS WORKSHEET

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BY MEDITATE AND LOVE

Instructions: Throughout the day, take a moment to pause and reflect on your thoughts. Record any recurring thoughts, thought patterns, or mental loops that you become aware of. Be as honest and specific as possible. This exercise aims to help you understand your thought patterns and gain insights into your mental habits.

| Time | Thought Description | Recurring (Y/N) | Notes |
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REFLECTION QUESTIONS:

| 1. Are there any thought patterns that stood out to you throughout the day? |
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| 2. Did you notice any recurring thoughts or mental loops? If yes, what were they? |
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| 3. How did these thoughts impact your mood or behavior? |

REFLECTION QUESTIONS: