



## REFLECTION QUESTIONS:

1. Are there any thought patterns that stood out to you throughout the day?

2. Did you notice any recurring thoughts or mental loops? If yes, what were they?

3. How did these thoughts impact your mood or behavior?

REFLECTION QUESTIONS:

4. Were there any triggers that seemed to initiate specific thought patterns?

5. Are there any alternative perspectives you could adopt for these recurring thoughts?

Use this space to jot down any additional insights, observations, or realizations you had during the day.