

*For a few days, become a thought detective. Catch the recurring negative thoughts, name them, put them on trial, and rewrite them into something more balanced. Not forced positivity, just fewer lies.*

## Catch · Name · Challenge · Reframe

### Monster #1

The thought, word for word:

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Its name (e.g. “Not Good Enough”, “Fear of Failure”):

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Evidence AGAINST it (the exceptions that disprove the “always”/“never”):

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The reframe (balanced, realistic, yours):

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### Monster #2

The thought, word for word:

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Its name (e.g. “Not Good Enough”, “Fear of Failure”):

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Evidence AGAINST it (the exceptions that disprove the “always”/“never”):

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The reframe (balanced, realistic, yours):

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### Monster #3

The thought, word for word:

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Its name (e.g. “Not Good Enough”, “Fear of Failure”):

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Evidence AGAINST it (the exceptions that disprove the “always”/“never”):

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The reframe (balanced, realistic, yours):

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## Pattern Check

Which monster shows up most often?

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What situations summon it?

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How is it hindering my decluttering, boundaries, time, or intentional living?

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## Reframe Bank (copy the keepers here)

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