

THE THOUGHT BANK WORKSHEET

Whenever you feel distress about an area of your life, it helps to collect all the beliefs you have about it. To get everything out on paper quickly, you can build a Thought Bank by completing the sentences below. This is not a time to be nice and polite; it's a time for honesty. You can clean up your act later. As you write, focus on this one situation or area of your life.

_____ is _____
(Task, situation, role, or person)

_____ isn't _____
(Task, situation, role, or person)

_____ should be _____
(Task, situation, role, or person)

_____ shouldn't be _____
(Task, situation, role, or person)

_____ should _____
(Task, situation, role, or person)

_____ shouldn't _____
(Task, situation, role, or person)

_____ should have to _____
(Task, situation, role, or person)

_____ shouldn't have to _____
(Task, situation, role, or person)

If _____ then _____

I'm angry that _____

It's not fair that _____

In this situation, I deserve _____

My Thought Bank

You now have a slew of beliefs ripe for Inquiry!

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