

Your 7-Day Practice Plan

FIVE MINUTES A DAY • THE THINKING TRAP WEBINAR

Three small reps this week — not thirty: catch three automatic thoughts, run one through the Four Cs, and practise one kind reframe each day. Five minutes or less, for any habit you're working on — drinking, other substances, gambling, scrolling, overworking, food, avoidance, anything. Missed a day? That's information, not failure — just pick up where you left off. **Your daily rep — one kind reframe:** once today, swap one harsh thought for a kinder one you actually believe, out loud if you can. Believable beats cheerful.

Day 1	Notice the pattern Try this: Once today, notice the moment you feel pulled toward your habit. No fixing, no judging — just notice. Reflect: What was going on right before the pull showed up?
Day 2	Catch thought one of three Try this: When the pull comes, ask: "What just went through my mind?" Write it down in a few words — just catch and name it. Thoughts are not facts, even the loud ones. Reflect: Did writing the thought down change how strong it felt?
Day 3	Catch thought two — and name the trap Try this: Catch and write down a second thought. If you can, name the thinking trap behind it — all-or-nothing, mind reading, the harsh judge. Naming a trap creates instant distance. Reflect: Is this a fact — or a feeling wearing a fact's clothes?
Day 4	Catch thought three — at arm's length Try this: Catch your third thought and hold it at a distance: "I'm having the thought that..." Small words, big gap. Reflect: Which of my three thoughts feels the most familiar?
Day 5	Run the Four Cs Try this: Take one of your three thoughts through the Four Cs on your handout: Catch it; Check the evidence for and against; Challenge it — "What would I say to a friend?"; Change it to a believable, more accurate thought, plus one helpful next action. Reflect: Does my new thought pass the "yeah, actually" test?
Day 6	Optional extra: ride the wave Try this: Your only task today is the daily kind reframe. Optional extra if an urge shows up: wait ten minutes before acting — set a timer and breathe. Urges rise, peak and pass, like a wave. Reflect: If an urge came, what did it do while I waited?
Day 7	Make a simple plan Try this: Read back your week — pick the move that helped most, and decide when you'll use it next week. Reflect: What do I know now that I didn't know a week ago?

Small reps add up — that's how skills grow. A slip is a signal, not a sentence: meet it with the kindness you'd offer a friend, run it through the Four Cs, and remember — "The next choice is still mine." Tonight, not Monday.