

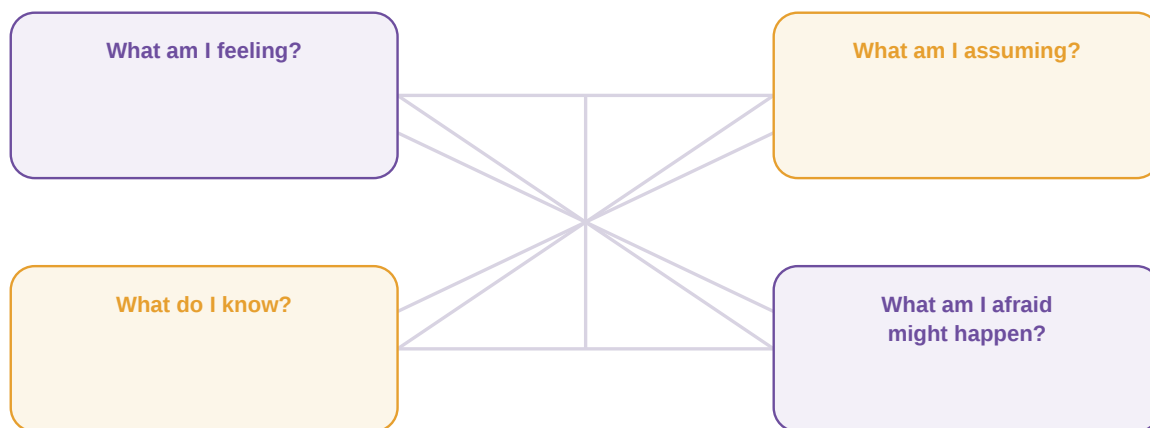
Untangle the Thought

A thought can feel much bigger when everything around it becomes tangled together. This activity helps separate the thought itself from feelings, assumptions and what you actually know — without asking you to force the thought into something positive.

Start with the thought that is taking up space

What is tangled around it?

Add words, short phrases or symbols. Connect anything that feels linked.



Now look at the thought again

After separating the pieces, is there a calmer or more complete way to say what is happening?

What would help me with this right now?

More information

Reassurance

A small action

Time

Support

A pause

One next step, if I want one:

A thought can be important without every part of it being a fact.
Untangling it can make it easier to see what you know, what you feel, and what you need.