

THINK Tool

The THINK tool interrupts mental and emotional spirals so you can regain control over your reactions. Write your unhelpful thought in the box provided, then check it against the THINK acronym.

My Unhelpful Thought

Check Your Facts

True? Is this thought 100% true? What is fact and what is opinion?

Helpful? Is paying attention to the thought useful to me or others? What would be more helpful?

Inspiring? Does the thought inspire me or does it have the opposite effect? What would be a more inspiring interpretation?

Necessary? Is it important for me to focus or act on the thought? What does deserve my energy?

Kind? Is the thought kind? If not, what would be a kinder thought?

