

**Explore Your Thoughts Worksheet**

Use this worksheet to calmly explore your intrusive thoughts. You'll track the situation, the thought, and how it made you feel. Then, you'll investigate it using logic-looking for patterns, checking for thinking errors, and reconnecting with your values.

This isn't about overanalyzing. It's about stepping back, getting curious, and reclaiming your mental clarity.

Date / Time	Situation	Intrusive Thought	Feeling	Behavior	Value

**Reflection Prompts:**

- Are there any patterns in your triggers or values?
- Do certain thoughts always show up in the same context?
- What would your rational brain say back to these thoughts?