

## WHEN THE PROBLEM SEEMS TO BE A CIRCUMSTANCE

What is the circumstance? \_\_\_\_\_

\_\_\_\_\_

What thought does the circumstance trigger? \_\_\_\_\_

\_\_\_\_\_

What do you feel when you think this thought? \_\_\_\_\_

\_\_\_\_\_

How do you act when you feel this way? \_\_\_\_\_

\_\_\_\_\_

What is the result of this action? \_\_\_\_\_

\_\_\_\_\_

How does the result prove the original thought? \_\_\_\_\_

\_\_\_\_\_

What is a better feeling thought to choose concerning this  
circumstance? \_\_\_\_\_

\_\_\_\_\_

*Use the questions above to fill in  
the unintentional thought patterns.*

**UNINTENTIONAL THOUGHT PATTERN**

CIRCUMSTANCE: \_\_\_\_\_

\_\_\_\_\_

THOUGHT: \_\_\_\_\_

\_\_\_\_\_

FEELING: \_\_\_\_\_

\_\_\_\_\_

ACTION: \_\_\_\_\_

\_\_\_\_\_

RESULT: \_\_\_\_\_

\_\_\_\_\_

**INTENTIONAL THOUGHT PATTERN**

CIRCUMSTANCE: \_\_\_\_\_

\_\_\_\_\_

NEW THOUGHT: \_\_\_\_\_

\_\_\_\_\_

FEELING: \_\_\_\_\_

\_\_\_\_\_

ACTION: \_\_\_\_\_

\_\_\_\_\_

RESULT: \_\_\_\_\_

\_\_\_\_\_

## THOUGHT PROBLEM WORKSHEET

What is the negative **thought** you keep thinking? \_\_\_\_\_

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What **feeling** does this thought cause you? \_\_\_\_\_

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How do you **behave** when you feel this way? \_\_\_\_\_

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What is the **result** of this action? \_\_\_\_\_

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How does the result prove the original thought? \_\_\_\_\_

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What is a better **feeling** thought to think that is believable to you? \_\_\_\_\_

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*Use the questions above to fill in  
the unintentional thought patterns.*

**UNINTENTIONAL THOUGHT PATTERN**

CIRCUMSTANCE: \_\_\_\_\_

\_\_\_\_\_

THOUGHT: \_\_\_\_\_

\_\_\_\_\_

FEELING: \_\_\_\_\_

\_\_\_\_\_

ACTION: \_\_\_\_\_

\_\_\_\_\_

RESULT: \_\_\_\_\_

\_\_\_\_\_

**INTENTIONAL THOUGHT PATTERN**

CIRCUMSTANCE: \_\_\_\_\_

\_\_\_\_\_

NEW THOUGHT: \_\_\_\_\_

\_\_\_\_\_

FEELING: \_\_\_\_\_

\_\_\_\_\_

ACTION: \_\_\_\_\_

\_\_\_\_\_

RESULT: \_\_\_\_\_

\_\_\_\_\_

## FEELING PROBLEM WORKSHEET

What is the negative feeling? \_\_\_\_\_  
\_\_\_\_\_

What is the thought causing this feeling? \_\_\_\_\_  
\_\_\_\_\_

How do you act/react when you feel this way? \_\_\_\_\_  
\_\_\_\_\_

What are the results of this action? \_\_\_\_\_  
\_\_\_\_\_

How does this result prove the original thought? \_\_\_\_\_  
\_\_\_\_\_

What would you like to be feeling? \_\_\_\_\_  
\_\_\_\_\_

What thought could you think/believe that would cause this feeling?  
\_\_\_\_\_  
\_\_\_\_\_

*Use the questions above to fill in  
the unintentional thought patterns.*

**UNINTENTIONAL THOUGHT PATTERN**

CIRCUMSTANCE: \_\_\_\_\_

\_\_\_\_\_

THOUGHT: \_\_\_\_\_

\_\_\_\_\_

FEELING: \_\_\_\_\_

\_\_\_\_\_

ACTION: \_\_\_\_\_

\_\_\_\_\_

RESULT: \_\_\_\_\_

\_\_\_\_\_

**INTENTIONAL THOUGHT PATTERN**

CIRCUMSTANCE: \_\_\_\_\_

\_\_\_\_\_

NEW THOUGHT: \_\_\_\_\_

\_\_\_\_\_

FEELING: \_\_\_\_\_

\_\_\_\_\_

ACTION: \_\_\_\_\_

\_\_\_\_\_

RESULT: \_\_\_\_\_

\_\_\_\_\_

## ACTION PROBLEM WORKSHEET

What is the behavior you want to change? \_\_\_\_\_

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What feelings do you experience prior to and during this behavior? \_\_\_\_

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What thoughts lead to this feeling and this behavior? (Answer anything here but "I don't know." Guess if you aren't sure.) \_\_\_\_\_

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What result do you get when you act this way? \_\_\_\_\_

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How does this result prove the original thought that leads to this behavior? \_\_\_\_\_

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What feelings might negate this behavior? \_\_\_\_\_

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What thought would you need to think to feel this way? \_\_\_\_\_

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*Use the questions above to fill in  
the unintentional thought patterns.*

**UNINTENTIONAL THOUGHT PATTERN**

CIRCUMSTANCE: \_\_\_\_\_

\_\_\_\_\_

THOUGHT: \_\_\_\_\_

\_\_\_\_\_

FEELING: \_\_\_\_\_

\_\_\_\_\_

ACTION: \_\_\_\_\_

\_\_\_\_\_

RESULT: \_\_\_\_\_

\_\_\_\_\_

**INTENTIONAL THOUGHT PATTERN**

CIRCUMSTANCE: \_\_\_\_\_

\_\_\_\_\_

NEW THOUGHT: \_\_\_\_\_

\_\_\_\_\_

FEELING: \_\_\_\_\_

\_\_\_\_\_

ACTION: \_\_\_\_\_

\_\_\_\_\_

RESULT: \_\_\_\_\_

\_\_\_\_\_



## RESULT PROBLEM WORKSHEET

What is a negative result you currently have in your life? \_\_\_\_\_

\_\_\_\_\_

What action leads to this result? \_\_\_\_\_

\_\_\_\_\_

What feelings cause this action? \_\_\_\_\_

\_\_\_\_\_

What thoughts cause this feeling? \_\_\_\_\_

\_\_\_\_\_

What is the opposite of this current thought? \_\_\_\_\_

\_\_\_\_\_

What result would the opposite thought create? \_\_\_\_\_

\_\_\_\_\_

What is the result you want to have? \_\_\_\_\_

\_\_\_\_\_

What is the thought you can think and believe to achieve this result?

\_\_\_\_\_

\_\_\_\_\_

*Use the questions above to fill in  
the unintentional thought patterns.*

**UNINTENTIONAL THOUGHT PATTERN**

CIRCUMSTANCE: \_\_\_\_\_

\_\_\_\_\_

THOUGHT: \_\_\_\_\_

\_\_\_\_\_

FEELING: \_\_\_\_\_

\_\_\_\_\_

ACTION: \_\_\_\_\_

\_\_\_\_\_

RESULT: \_\_\_\_\_

\_\_\_\_\_

**INTENTIONAL THOUGHT PATTERN**

CIRCUMSTANCE: \_\_\_\_\_

\_\_\_\_\_

NEW THOUGHT: \_\_\_\_\_

\_\_\_\_\_

FEELING: \_\_\_\_\_

\_\_\_\_\_

ACTION: \_\_\_\_\_

\_\_\_\_\_

RESULT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## BONUS WORKSHEET

This is a practice I recently started and wanted to share with you. In addition to the work of writing down everything you want in you life, also try this: Write a list of thoughts you want to believe.

*Here are some of mine, to give you an idea of what I mean:*

Everything I need is within me now.  
It's already done.  
It's way better than I can even imagine.  
Everything happens in perfect timing.  
I create money with my thoughts.  
Everything in my life happens for me.  
I love deeply and those I love know it.  
I don't ever need to try.  
When aligned in my thinking, what I want is seemingly  
effortless.  
Nothing has ever gone wrong.  
I have more than I want to spend.  
I am in perfect health.  
This is my perfect body to live my life.  
Everyone in my life is perfect and right on time.  
I can feel the unlimited abundance within me.  
My abundance helps the abundance of thousands of  
people.  
The only difference between me and some others is that I  
know how lucky we are.  
What they do is about them and what I do is about me.  
They are truly doing the best they can and when they  
know better they will do better.  
The Universe has got it covered. I can relax.

Now your turn:

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_

7. \_\_\_\_\_  
\_\_\_\_\_

8. \_\_\_\_\_  
\_\_\_\_\_

9. \_\_\_\_\_  
\_\_\_\_\_

10. \_\_\_\_\_  
\_\_\_\_\_