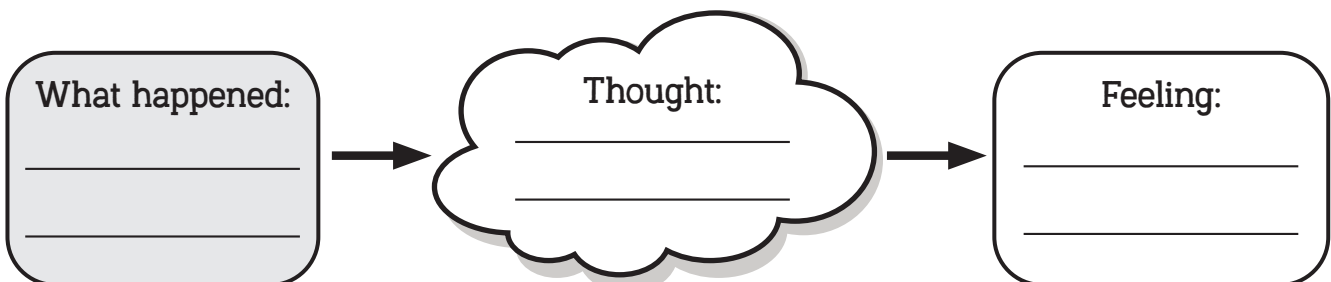
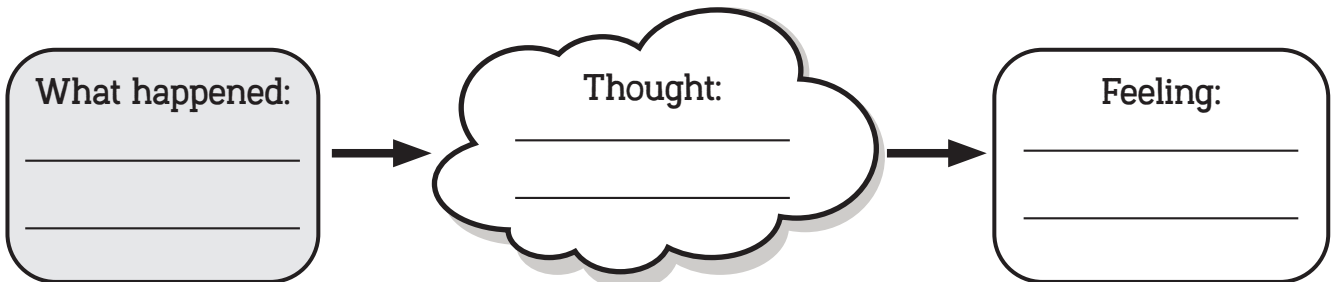
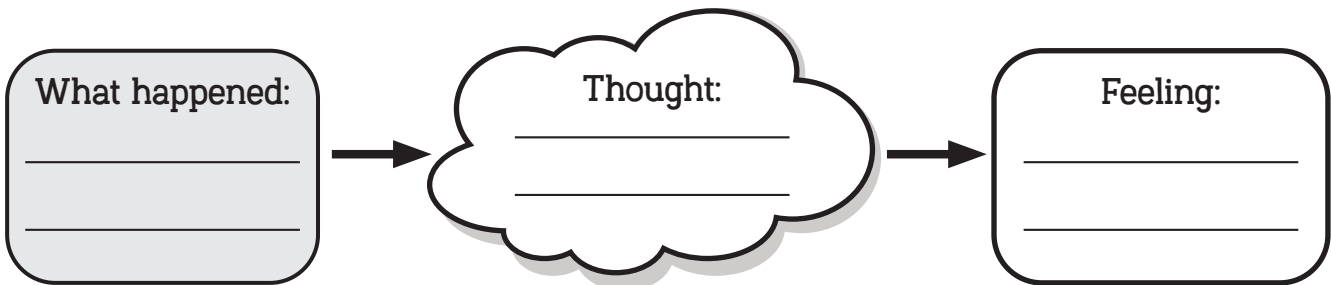
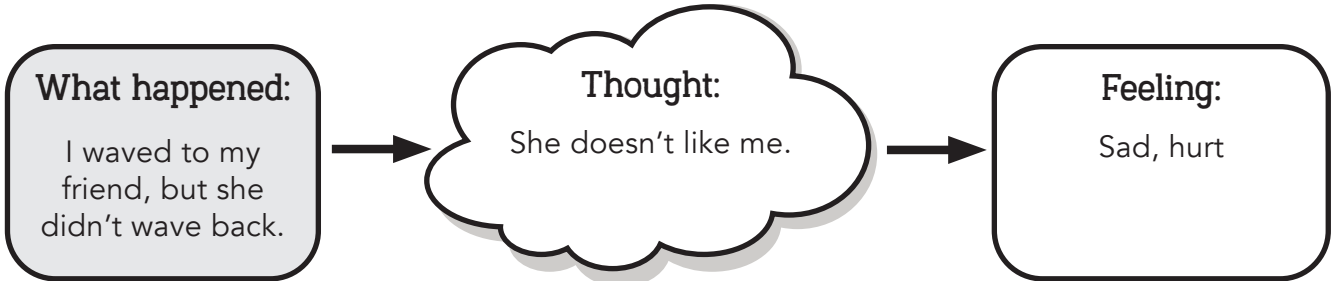


Practice: See the Mind's Story

The first step in working with your thoughts is to **Realize** what your mind is telling you. You can use this sheet to practice seeing what your thoughts are up to. The first row is an example.



You can find a blank copy of this form at sethgillihan.com/books/CBT-parents.