

Thought Reality Check

Purpose

To slow racing thoughts, reduce anxiety, and separate **what's true** from **what feels true**.

Step 1: Name the Loud Thought

Write the thought exactly as it shows up—no fixing it yet.

The thought that feels loud right now:

Step 2: Check the Category

Circle what fits best *right now*.

- ☐ Fact (something observable or verifiable)
- ☐ Interpretation (a meaning I'm assigning)
- ☐ Fear / Prediction
- ☐ Old pattern or familiar story
- ☐ I'm not sure yet

(Not knowing is still information.)

Step 3: Reality Check Questions

You don't need to answer all of these—just one or two.

- What evidence supports this thought?
- What evidence does **not** support it?
- If someone else had this thought, what would I tell them?
- Is this thought helping me—or hijacking me?
- Is this about *right now*, or about something from before?

Notes:

Step 4: Reframe with Balance

Not positive. Not forced. Just more accurate.

A more grounded thought could be:

(Example: "This feels scary" instead of "This will definitely go wrong.")

Step 5: Choose the Next Small Step

Clarity doesn't require a full plan—just the next step.

One steady action I can take now:

Grounding Pause (Optional but Powerful)

Take one slow breath in through your nose.

Exhale longer than you inhale.

Remind yourself: *A thought is information—not a command.*

Bridge the Gap Coaching

Not every thought deserves to lead the way. Pausing creates space—and space is where clarity begins.