

# STEPS

is an acronym for new ways to use your mind!

Thought

## SPOTTING TESTING EXCHANGE PROTECT STOPPING

## SPOTTING MY THOUGHTS

Thought spotting is the ability to not only think, but to think about thinking. Its like being a spy on your own mind!

### METACOGNITION THOUGHT SPOTTING

I SEE THE THOUGHTS I HAVE OF ME

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## TESTING MY THOUGHTS

Thoughts should be checked before they are believed.

What proof do I have? Is this thought true?  
Is the thought 100% true?

Do my friends...

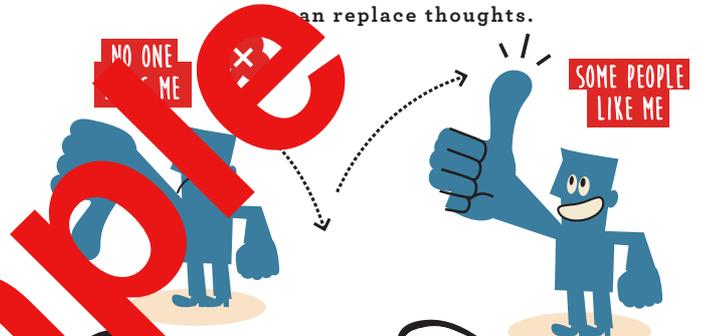
- Agree
- Disagree

with the mean thoughts I have about myself?



## EXCHANGE MY THOUGHTS

If I find a thought that is not true I may want to change it. I can replace thoughts.



WHICH OF MY THOUGHTS NEED TO BE CHECKED?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

IDEAS ABOUT ME THAT MY FRIENDS AGREE WITH

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## PROTECT MY THOUGHTS

I am in a fight!  
I can learn to defend my mind  
I can challenge my thoughts  
I can block my thoughts  
Using my strong internal voice  
I can command thoughts to...

SIT DOWN AND SHUT UP!

I will not believe that about myself!  
I decide what I believe about myself!

HOW CAN I PROTECT MY MIND?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## STOPPING MY THOUGHTS

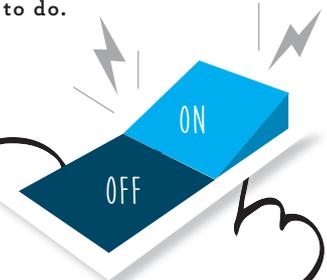
Its good to calm my mind; to give my mind a rest.

I stop thinking when I get out with my friends, relax and enjoy. Do something outside - exercise and use some energy. Get lost in a book or movie.

I stop thinking so much when I rest or give myself something to do.

HOW DO YOU SWITCH OFF?

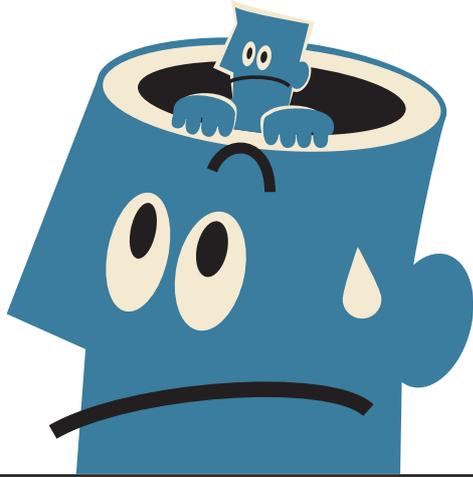
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Sample

# I WEAR A MASK

I hide the real me  
I can't take the risk  
I'm scared you won't like me



THINGS ABOUT ME THAT I HIDE

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

THINGS I LIKE ABOUT ME

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

THINGS I'M GOOD AT

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Sample

MISTAKES I CAN LAUGH ABOUT NOW

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

THINGS MY FRIENDS LIKE ABOUT ME

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

A THOUGHT IS ONLY A THOUGHT...  
IT MIGHT NOT BE TRUE



Changing Hearts & Minds.

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