

# Detox Your Thoughts

by Andrea Bonior

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- <sup>01</sup> **The Thought-Defusion Practice**

When a distressing thought arises, add the phrase: 'I'm having the thought that...' in front of it. 'I'm having the thought that I'm going to fail.' Notice: is it weather, or is it a fact?

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- <sup>02</sup> **The Cost-Benefit Analysis of a Belief**

Pick a belief that causes you suffering. Ask: is this belief true? What's the evidence? Does believing it serve me? What would I be like if I didn't believe it?

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- <sup>03</sup> **Challenge One Catastrophic Prediction Per Day**

Each time you catch yourself catastrophizing, write it down. Then ask: what's the most likely outcome? What's the best-case? What's the worst? Scale the catastrophizing to something realistic.

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- <sup>04</sup> **Practice Self-Compassion Out Loud**

After a mistake, say out loud: 'This is hard. I'm doing my best. It's okay to be imperfect.' Sounds uncomfortable? That's a sign you need it.

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- <sup>05</sup> **The Alternative Narrative**

After a difficult social interaction, write the catastrophic story your mind is telling. Then write the most likely alternative story. The gap between them is usually enormous.

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- <sup>06</sup> **Notice What 'Should' You're Carrying**

Notice how many times per day you use 'should,' 'ought,' 'must.' These are cognitive distortions masquerading as logic. Challenge them: should according to whom?