

First Thoughts Journal

This activity is designed to help you more consciously identify thoughts and feeling associated with situations that you've experienced that may have been uncomfortable. Feelings of discomfort are often an opportunity to reflect on our thinking and reframe those thoughts so that we become open to additional possibilities.

To Do: Reflect on at least 3 interactions that happen over the your day (or several days) that involve a disagreement, a feeling of discomfort, surprise, or confusion. Then, reflect on your first thoughts about the situation and how you feel about your thoughts. Finally, challenge yourself to reframe your initial thought in a way that might result in a more positive outcome.

Date	Situation	First Thought	Feelings about Thought	Reframed Thought