TRACE IT, FACE IT, REPLACE IT

Thought Tracker

New Insight
consultancy + training

Use this to help you reflect on the underlying causes of your feelings. This will help you retrain your brain and reduce your reaction to your triggers over time.

1 **What am I feeling?** And where do I feel it in my body?

Eg: Frustrated and disappointed. The dairy is out of my favourite bread. Tight jaw, heavy sigh.
Stuck for a word? Try my feelings list (newinsight.co.nz/feelings-index).

2 **What am I telling myself?** Words or pictures. Write lots!

Eg: "They don't have my bread." "I drove all this way." "What a waste of time." "They should have it."

3 **What belief sits underneath?**

Eg: "They should always have everything I need."

Watch for **should**, **always** and **everything**. That kind of thinking always causes trouble. 😬

4 **And is it the truth?** What would I say to a good friend?

Eg: It's okay that they're out. I'm not the only person they stock for. It's not the end of the world, just disappointing. I can get something else. It's okay not to always get what I want.

5 **What need is better met when I talk to myself like this?**

Eg: Peace, and ease with the rest of my day.
See my needs list (newinsight.co.nz/needs-index).

6 **What's my plan for next time?**

Eg: Remember the truth. Let myself feel disappointed without letting it ruin my day. Let go of "they should always have it".