



Check In

How are you feeling on a scale of 1 - 10?

1 2 3 4 5 6 7 8 9 10

Accept The Thought

What is the exact thought that is bothering you?

Change Your Emotional State

Choose an activity that will make you feel better:

Deep Breathing

Prayer/Namaz

Meditation/Zikr

Walking

Other: _____

Address The Thought

Answer the following questions:

Is there any truth in it?

Yes / No

Is it in your control?

Yes / No

Reflect and reframe your thought:

Check Out

How are you feeling after this exercise?

1 2 3 4 5 6 7 8 9 10