



FROM THE HAPPY ATRIUM · MENTAL

The Thought Log

*You can't change a pattern you can't see.
This is how you start seeing it.*

01

What Just Happened?

What was going on right before this thought showed up?

02

What's the Exact Thought?

Write it down, word for word — not the feeling, the actual sentence in your head.

03

Is This a Fact or a Feeling?

Would it hold up if you said it out loud to someone else?

04

What Would You Tell a Friend?

If someone you cared about had this exact thought, what would you say back?



*You don't have to fix the thought.
Just seeing it clearly is the whole point.*

Want to make it a habit?

Our guided journal has space for this, every week →

The
Happy Atrium

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