

**Table for Step 3: Thought cycles and patterns**

| Date and time | Situation  | Thought that leads to next thought       | What did you notice?                         |
|---------------|--|--|--|
| Example       | The project I have been working on has come to a stop. | I get so far and then it all falls apart | The thoughts followed each other so quickly. |
|               |  | Life's a struggle                        |  |
|               |  | What's the point!                        |  |
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