THOUGHT TRACKER LEVEL 1

Description of the thought	What triggered this thought?	In what situation did this thought occur?	Do you welcome this thought? Yes or no? Why?

THOUGHT TRACKER LEVEL I – Examples

Description of the thought	What triggered this thought?	In what situation did this thought occur?	Do you welcome this thought? Yes or no? Why?
I have to mow the lawn.	Don't know.	I was in my office – just about to start a new task I'm not fond fond of.	No. It distracted me from the task. It took even longer to start it.
Hopefully my daughter has already done her homework by the time I'm home from work.	I was thinking about what I have to do tonight.	Lunch break	It was ok.
I wonder whether it will stop raining.	I'm planning a barbecue party for the following day.	Looking out of the window	Yes – I have to ask the neighbour for his party tent.
Why doesn't he answer my email?	I desperately want to have the project with that company.	Putting dates in my calendar	No, because it makes me increasingly anxious.
Did the neighbour's dog use our lawn as his loo again?	Dogs barking far away	Waking up in the morning	No, I don't want to be angry this early in the morning.

THOUGHT TRACKER LEVEL 2

Description of the thought (based on Thought Tracker Level 1)	**What emotions do you associate with this thought?**	**What do those emotions trigger in you physically?**

THOUGHT TRACKER LEVEL 2 – Examples

Description of the thought (based on Thought Tracker Level 1)	What emotions do you associate with this thought?	What do those emotions trigger in you physically?
'I wish I had a partner, somebody who really loves me.'	Loneliness, desperation, sadness, hopelessness, helplessness, worthlessness, rejection	Stinging pain in my heart, tears in my eyes, stomach full of stones, no appetite, lethargy

MENTAL MODEL SPOTTER

How the world works	What is true about work	What is true about personal relationships	What is true about me

MENTAL MODEL SPOTTER – Examples

How the world works	What is true about work	What is true about personal relationships	What is true about me
Over the next ten years, scientific progress will mean the eradication of terminal diseases.	My co-workers are always pleasant.	A good relationship means absolute honesty.	I am too old to learn.
Business is hard; only the toughest will make it.	I don't have time to relax. I have to answer emails 24/7.	People are just taking advantage of me.	Others won't accept me unless I'm perfect.
The northern hemisphere dominates the southern hemisphere.	Work is hard.	Love comes and goes – not much to be done about it.	I don't like surprises.

SELF-PERCEPTION TOOL

Task 1: Think of examples that underpin these attitudes and write them down.
The examples should be based on your own experience and involve you. Based on the examples, rate yourself between 1–10.

Key attitude	Example situation	weak — Self-assessment — strong									
		1	2	3	4	5	6	7	8	9	10
Courage		○	○	○	○	○	○	○	○	○	○
Open-mindedness		○	○	○	○	○	○	○	○	○	○
Focus		○	○	○	○	○	○	○	○	○	○
Analytical capability		○	○	○	○	○	○	○	○	○	○
Dedication		○	○	○	○	○	○	○	○	○	○
Action-orientation		○	○	○	○	○	○	○	○	○	○
Perseverance		○	○	○	○	○	○	○	○	○	○

SELF-PERCEPTION TOOL

Task 2: Ask family members, colleagues, and friends for examples they can give you regarding the key attitudes based on their experience with you. What is their rating?

Key attitude	Example situation	weak — Self-assessment — strong
		1 2 3 4 5 6 7 8 9 10
Courage		○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Open-mindedness		○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Focus		○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Analytical capability		○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Dedication		○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Action-orientation		○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Perseverance		○ ○ ○ ○ ○ ○ ○ ○ ○ ○

THE TAG WORD TECHNIQUE

- Be clear and committed to yourself. **'I want to switch off this thought pattern.'**

- Select the adequate tag word for monitoring the relevant thought pattern. Write it down here:

  _____

- Spot the thought pattern as it crosses your mind and become aware of it.

- Take five minutes every day to write down all tagged thoughts relevant to the pattern you want to identify:

  _____

  _____

  _____

- Say **'Stop!'** to the thought as soon as the tag word crosses your mind.

- Take a deep, conscious breath to reboot the system.

EXPECTATION TRACKER

Step 1: Fill each rectangle with the expectations you associate with particular groups of people.
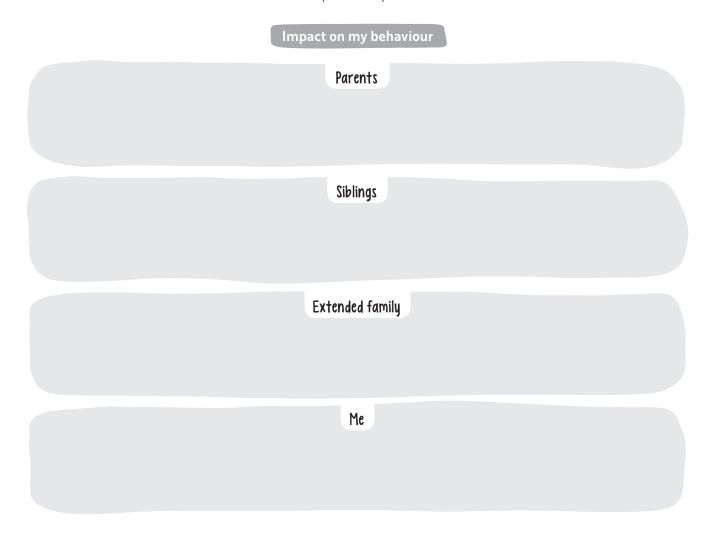
What do my parents expect from me?

What do my siblings expect from me?

What does extended family* expect from me?

What do I expect from myself?

* 'extended family' comprises uncles, aunts, grandparents, cousins etc.

EXPECTATION TRACKER

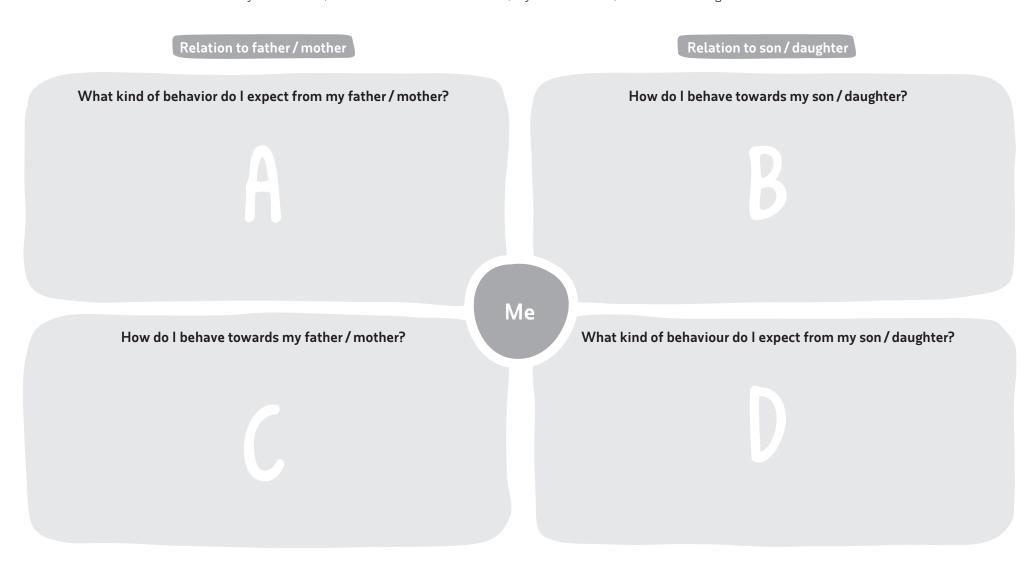**Step 2:** Reflect on the impact each expectation has on your behaviour.
Be as specific as possible.

Impact on my behaviour

Parents

Siblings

Extended family

Me

ROLE-SWAPPING TOOL

Step 1: Fill each box with five to ten examples you have about your own behaviour and your expectations towards the behaviour of your father/mother and son/daughter. If you are male, choose the father/son version, if you are female, the mother/daughter version.

Relation to father / mother

Relation to son / daughter

What kind of behavior do I expect from my father / mother?

A

How do I behave towards my son / daughter?

B

Me

How do I behave towards my father / mother?

C

What kind of behaviour do I expect from my son / daughter?

D

ROLE-SWAPPING TOOL

Step 2: Compare boxes A and B. Can you identify any inconsistencies or contradictions? If so, write them down. Do the same with C and D.
Step 3: What are the consequences of your findings? Do you want to change your behaviour towards your father/mother?
Do you want to change your behavior towards your son/daughter? If so, how? Take note of how you'd like to behave in the right column.

Possible reasons for inconsistencies

Consequences: behavioural changes with which you'd like to experiment

Inconsistencies between A and B

Inconsistencies between C and D