

Journaling with the Two-Step Tool

1

Ask yourself a very specific and detailed question

2

Write your completely uncensored answers, one sentence per line

3

Add "I think" in front of each sentence

4

Listen for/find the feeling that each sentence creates for you

5

Decide if the feeling is "good" or "bad"

6

Write HELPFUL next to sentences that create a "good" feeling and UNHELPFUL next to sentences that create a "bad" feeling

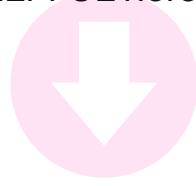
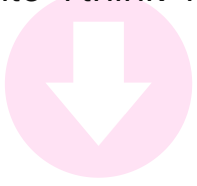
7

Let your brain work its **magic**

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What do I think about _____?

Write "I think" here, write your sentence/thought here, and write HELPFUL or UNHELPFUL here



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