



Episode 1 Reflection Companion

Welcome to StillPoint Logic

This reflection sheet is for personal growth, learning, and self-awareness. It is not professional therapy, medical advice, or treatment. This is for self-reflection only and is not a substitute for professional therapy.

An exercise for seeing the thought behind the feeling.

Purpose: Identify the belief behind a strong emotion, test whether it's accurate or useful, and replace it with a more workable perspective.

- **Step 1: Identify the Emotion**
 - Pick a recent moment when your reaction felt stronger than expected.
 - Write a single clear sentence: I felt **[emotion]** when **[trigger]**.
 - *Example: "I felt ashamed when my manager corrected my slide in the meeting."*

- **Step 2: Find the Belief**
 - Ask: what assumption must be true for that reaction to make sense? Phrase it as a short conditional.
 - Write it as: "If **[event]**, then **[meaning]**."
 - *Example: "If someone points out my mistake, it means I'm incompetent."*

- **Step 3: Reality Check**
 - Treat the belief as a testable claim.
 - Answer these directly:
 - **Is this always true?**
 - **What evidence supports it?**
 - **What evidence contradicts it?**
 - **Are you generalizing from one or few instances?**
 - *Example:*
 - *Not always true, I've completed successful projects.*
 - Support: I felt embarrassed.
 - Contradiction: Colleagues praised my work last month.
 - Conclusion: The belief overgeneralizes from one event.

- **Step 4: Name the Intention (What the Belief Protects)**
 - Rigid beliefs have a purpose. Identify it.
 - Ask: **What is this belief trying to protect or secure?** (Usually: safety, status, connection, competence.)
 - *Example: "This belief tries to protect my sense of competence and reputation at work."*

- **Step 5: Rework the Belief**
 - Create a balanced alternative that keeps the positive intention but removes the extreme.
 - Format: "Even if **X happens**, I can **still Y**."
 - *Example: "Even if someone corrects a slide, I can learn and still be a competent contributor."*

- **Step 6: One Small Test (Action)**
 - Choose one low-risk moment this week to act from the new belief.
 - Write: “I will **[action]** when **[situation]**.” Then observe what changes.
 - *Example: “I will ask one clarifying question after feedback in the next meeting, instead of shutting down.”*

Quick Checklist (Use after trying the test)

1. Did your feelings change? (less intense / same / more intense)
2. What happened when you tried the new action?
3. What new evidence did you notice that supports a more balanced view?

Example answers:

- Feeling: less shame, more curiosity.
- Action result: manager clarified and thanked me.
- New evidence: correction was about clarity, not competence.

Final Note

This exercise is about thinking clearly, not fixing yourself overnight. The goal: replace rigid mental rules with statements that are aligned with what you actually value.

Disclaimer: This reflection is intended for personal exploration and self-reflection only. The ideas shared here are inspired by principles from Logic-Based Therapy, as interpreted and applied by the author. This content is not a substitute for professional therapy, counseling, or medical advice. If you experience distressing emotions or need additional support, please consider reaching out to a qualified mental health professional.