



## **Episode 3 Reflection Companion**

### **Challenging the Story Your Mind Tells: How Questioning Beliefs Shapes Emotions**

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.

- **Step 1:** Notice the Event
  - Think of a recent situation that triggered a strong emotion (frustration, anxiety, sadness, or other feelings).
    - *Example: “I felt anxious when my friend didn’t respond to my message.”*
  
- **Step 2:** Identify the Belief
  - Ask yourself: “What story is my mind telling me about this event?”
    - *Example: “If they don’t reply, it means they don’t care about me.”*
  
- **Step 3:** Recognize the Thinking Pattern
  - Consider what pattern this belief follows. LBT identifies common patterns like: demanding perfection, catastrophizing, assuming others’ thoughts, or overgeneralizing.
    - *Example: “I assumed one delay means total rejection.”*
  
- **Step 4:** Observe the Positive Intention
  - “What positive intention is this belief trying to protect?”
    - *Example: “It’s trying to protect me by keeping me aware of relationships I value.”*
  
- **Step 5:** Apply a Philosophical Lens (Optional)
  - You may reflect on what a philosophical perspective might suggest about this belief. This is for personal insight, not instruction.
    - *Example: “A philosopher might suggest separating events from interpretations—seeing the situation more objectively.”*
  
- **Step 6:** Reframe and Anchor
  - Create a rational, balanced alternative belief, and a small action you can try.
  - **Alternative belief:** \_\_\_\_\_
  - **Small Action:** \_\_\_\_\_
    - *Example:*
    - *Alternative belief: “A delayed response doesn’t mean I’m unimportant. People have busy lives.”*
    - *Small action: “I can continue my day without assuming the worst, and check in calmly later.”*

**Tips for Use:**

Try this whenever a strong emotion arises.

Focus on noticing, not judging, your beliefs.

Reflection is a learning process, small shifts accumulate over time.

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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.