A PAUSE, A PRACTICE, A NEXT STEP

Making Space From Thoughts

Notice a thought without following every instruction.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Notice the thought

Choose a manageable thought, rather than your most upsetting experience. Keep your eyes open if that helps.

01 / Notice and reflect

Do I need to solve this thought right now?

02 / Notice and reflect

What action fits my values?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Stop if this increases disconnection or distress. If you use the phrase repeatedly to get certainty or relief, ask your clinician for guidance.

Read more: VA Whole Health · Thinking patterns and pain

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.