

BOOMERANG THOUGHTS: WRITING A THOUGHT SCRIPT

The purpose of this worksheet is to walk you through the process of reprogramming the boomerang thoughts that keep returning, so that your brain can automate the process.

What is the thought that keeps returning like a boomerang?

What triggers this boomerang thought to show up? When do you notice them? Is there a certain feeling that you notice? Certain actions? Results? What indicates to you it's back?

What about this boomerang thought appeals to your brain? Why does it keep returning?

What about this boomerang thought is not appealing? What is the problem when it returns?

First complete the unintentional thought model for the boomerang thought. Later, you'll come back to complete the intentional model.

UNINTENTIONAL MODEL

C:

T:

F:

A:

R:

INTENTIONAL MODEL

C:

T:

F:

A:

R:

What makes this boomerang thought true? What makes it false? Which is more likely? How much more likely? Why?

What would you do if this boomerang thought never returned? How can you do this anyway?

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Write out the process you will follow **EXACTLY** every time you notice the boomerang thought returning. Think about the following when writing your process:

- What will trigger you to pause, interrupt the unintentional model and kick off this process?
- What are the questions you'll ask every time? Here are some ideas:
 - Can I be absolutely certain this boomerang thought is true?
 - How do I feel when I believe this?
 - Is this how I want to feel?
 - Is the result this is producing what I want, not only right now, but long term?
 - If I don't want this long term, what do I want?
 - What would I need to believe in order to get that long term result?
 - How can I believe some version of this at some level now and move toward that?
 - What am I committed to believing eventually even if I don't believe it right now?
 - How do I feel when I believe this, even if it's just for a moment?
 - What do I do when I feel this way?
 - How can I step into and carry out these actions now?

Write out the steps of the process now, including the unintentional model you'll interrupt and the new intentional model that you'll step into, the belief you'll shift onto the boomerang in place of the old boomerang thought.