

Thought Audit

I'd like you to read your list from yesterday, but instead of these thoughts coming from your mind this is instead what someone you love dearly is confiding in you are thoughts they have about themselves. Read the list imagining that person sharing these thoughts with you.

What emotions would you feel? What would you respond to that person with?

Answer your own thoughts with the same love, care and encouragement!

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Finally, for this exercise, I'd like you to look over the list. Do the thoughts make sense? Are they all similar or conflicting? What is the tone of the voice? Calm or erratic? How wide are the swings in emotion displayed? Consistent or varied? How supported are the thoughts in truth? What does the goal of these thoughts appear to be?

Miracles arise from a mind that is ready for them. ~ACIM