Selfimprovecoach

BALANCED THINKING

Notice your thought and look at the evidence

Balanced thinking is not forced positivity.
Look at the full picture, including what is known and uncertain.

1

NOTICE

What happened, and what went through your mind?

Example: After a meeting, I thought everyone judged me.

Situation - where were you and what happened?

My exact thought or prediction:

2

EXPLORE

What makes the thought feel true? What might be missing?

Example: I hesitated, but nobody said I did badly.

What facts support my thought?

What facts point in another direction?

Remember
A strong feeling does not always tell us the full story.

Selfimprovecoach

BALANCED THINKING

Widen your perspective and find a believable view

3 BROADEN

Could there be another explanation or point of view?

Example: The group may have been focused on the agenda.

What else might explain the situation?

What would I say to a friend in this situation?

4 BALANCE

What statement fits the information and feels fair?

Example: I paused, but I cannot know what everyone thought.

My more balanced, believable thought:

How believable is this thought? (0-100%)

0% = not at all; 100% = completely

If a new thought does not feel believable, that is okay.

You can write "I am not sure yet" and explore further.

BALANCED THINKING

Choose a small test and reflect on what you learn

5 TEST

What manageable step could help you learn more?

Example: I could contribute one point at the next meeting.

My small action or experiment:

What would count as useful learning?

AFTER I TRY IT

Describe what happened, not only what you feared.

What happened? What did I actually observe?

What might I try or remember next time?

QUICK REFLECTION

Was I curious rather than critical? Is my new view believable?
What did I learn, even if I still feel uncertain?