Thought Check

> *"Men are disturbed not by things, but by the views which they take of things."*
>
> Epictetus, Enchiridion 5 (tr. Higginson)

Write the thought word for word, as your mind said it. Then question it like a fair witness: is it true, all of it, every time? What is actually in your control here? Finish with a sentence that is honest - not forced positivity, just more accurate.

THE THOUGHT, WORD FOR WORD	IS IT TRUE? WHAT IS THE EVIDENCE?	WHAT IS IN MY CONTROL HERE?	A TRUER SENTENCE

Thoughts that often argue for a drink

"I deserve it." "Just one won't hurt." "I can't cope with this sober." "I've already ruined today." "Nobody would know." "It's a special occasion."

Which of these sound familiar? They are the habit talking, not the truth.

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