

WHAT'S YOUR THOUGHT LOOP?

A 10-Minute Tool to Catch the Thought Running Your Week



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Pull Up a Chair

Hey!! Pull Up a Chair and Take a Seat

I have the house, the kids, the job. Why am I always irritable? Why am I always the one planning everyone's fun and never actually part of it? Why am I not happy?

If that sentence hit a little close to home, you're not broken, and you're not ungrateful. You're just tired in a way sleep doesn't fix, and there's a reason for it.

Somewhere along the way, a lot of us go from living our life to managing it. And once you're managing it, your brain starts running the same thought on repeat, all day, every day, usually without you ever noticing it's there.

You can't change a pattern you can't see.

This worksheet is going to help you see it. It's called the **Thought Loop**, and it's one of the very first tools I teach every woman I work with. Give it ten honest minutes. I think you're going to have an "oh, I do that" moment.

What's a Thought Loop?

Here's the idea, plain and simple:

THINK → FEEL → DO → CREATE

- A thought creates a feeling.
- That feeling drives an action (or an avoidance).
- That action creates a result.
- And that result usually loops right back around and proves the original thought true.

That's the part almost nobody catches, the result feeds the thought, which is exactly why the pattern feels less like a habit and more like just... reality. "See? I really do have to do everything myself."

It's a loop. And loops can be seen, named, and eventually changed.

Here's What It Looks Like

A real,common loop I see all the time. Does any of this sound familiar?

Step	Example
THINK	"If I don't do it, it won't get done right."
FEEL	Overwhelmed. Annoyed. A little resentful.
DO	Take over. Don't ask for help. Redo what someone else already did.
CREATE	Everyone in the house learns Mom will handle it...so nobody else steps up.

And then the loop closes:

"See? I really DO have to do everything myself."

The result didn't just happen to you. It came from the thought. That's the whole loop, and it's been running quietly for years, in the background of an ordinary Tuesday.

Now It's Your Turn

Think of one moment this week you felt overwhelmed, irritated, or resentful. Not the whole day, just one specific moment. Walk it through below, slowly. Don't judge what comes up. Just notice it.

THINK

What was actually running through my head right before I felt that way?

FEEL

What did that thought make me feel?

DO

What did I do/avoid doing because I felt that way?

CREATE

What did that end up producing?

DOES IT LOOP?

Does that result prove the original thought true? How?

One Small Flip

You don't need a whole new story today. You just need one thought you could actually believe a little more than the old one.

If that old thought weren't true, what's a next thought I could actually believe?

How might that new thought make me feel?



This is exactly the kind of work we do together, every week, inside **Take Your Seat**, my six-week coaching program for women who are done managing their lives and ready to actually live them.

Fire yourself from the job you never applied for. Not from being a mom, from believing you have to manage everything.

If this worksheet gave you even one "oh, I do that" moment, I'd love to talk. Book a free 30-minute chat with me , no pressure, no pitch, just a real conversation about where you're at.

Pull up a chair. Let's figure out what you want now.