

Mental Chatter Exercise Worksheet

Training the mind requires that you keep a completely honest journal (notes) of your spontaneously arising thoughts - your "mental chatter". This means that your task is to record in detail and accurately everything you think, even if it is unpleasant and negative.

Objective:

This exercise will help you achieve a deeper and better understanding of the quality of your emotional palette. You can also gain insight into the goals you prioritise and the values and worldview that shape your perceptions.

Stage 1:

Keep a diary of your thoughts from your "chatter mind" for at least 7 days.

One way to succeed in this task is to try to observe your thoughts as if you were an outsider, someone who is delving into your mind, observing and tracking your thoughts and images in your mind.

When trying to do this, don't judge the thoughts, feelings and images that arise. Try to resist the tendency to categorise them as "positive," "negative," "good," or "bad." Your task in the first stage is simply to observe the thoughts that arise without judging, evaluating or commenting on them.

If you feel that the activity of monitoring your thoughts is interfering with your ability to record them, don't worry. This is a very common experience. After you have taken a short break, go back to observing your natural thoughts.

Stage 2:

At the end of the period, review your thoughts and answer the question "What are predominantly thoughts in my head?":

- Negatives;
- Positive.

Categorise your recorded thoughts into the following categories: a) thoughts in which you compare yourself to others; b) thoughts about your relationships with people; c) thoughts about tasks and work; d) thoughts related to past events; e) thoughts about future events; f) other.

Stage 1: Write down your thoughts



Day	My thoughts
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	



Stage 2: Analysis of thoughts

Thoughts	Negative	Positive
Number		

Thoughts by category	Thoughts in which you compare yourself with others	Thoughts on your relationships with people	Thoughts on tasks and work	Other thoughts
Number				

Stage 3: Final

For a final write up did you feel after you did an analysis of your thoughts? Did you learn anything new about yourself?

Thinking is healthy and normal. But how do we deal with the chaos in our mind? No one wants or needs it in their life. Use this analysis to improve your self-awareness. If you learn to manage your thoughts instead of them managing you – your mood and your behaviour, you will find peace within yourself and make your daily life better than ever.