



# Thought Identification Worksheet

**Directions:** Meditate as usual, but when you notice you've become distracted, use the first box to write down what you were thinking about.

If you know why you became distracted, write it in the second box. If you're not sure, don't worry about it and got back to meditating.

The last box is the most important and can be filled out after your meditation session. Seeing the patterns that start a new mental processes is what will help you understand how one thought become the next, how thoughts become an internal dialog and where your thoughts and feelings come from.

- Use an "R" if you suddenly remembered something that happened in the past, or something you need or want to do.
- Enter "S" if it was speculating, guessing what might happen in the future, or imagining how a past event could have unraveled differently.
- Use, an "O" for other when you don't know the type of thought it might have been.

## Why log your thoughts?

Insight happens in the moments between calm and distraction. It's in these moments where you will learn how and why you think and feel the way you do.

Remember, there are no right or wrong answers here, this is just to help you keep track of what you notice and help you see patterns.

## Example:

	What were you thinking about when you noticed?	The first thought you had (if you can remember)	Source (R/S/O)
1	<i>What sounds good for dinner?</i>	<i>My stomach growled.</i>	<i>S</i>

	What were you thinking about when you noticed?	The first thought you had (if you can remember)	Source (R/S/O)
1			
2			
3			
4			
5			
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7			
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12			
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14			
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