A SHRINQ WORKSHEET

The Thought Spiral Worksheet.

Use this while a spiral is happening, or right after one. Writing the spiral down does something your mind cannot do on its own: it makes the loop finite. A spiral on paper has a beginning, a middle, and an edge.

1. Catch the start

What set it off? (a message, a memory, a look, a task, nothing you can name)

Write the very first thought, word for word.

2. Map the chain

Write each thought that followed, one per line. Do not edit. You are drawing the spiral, not fixing it yet.

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3. Separate story from fact

WHAT I KNOW IS TRUE	THE STORY MY MIND ADDED

4. Check the body

- [ ] Tight chest or shallow breathing
- [ ] Jaw, neck, or shoulder tension
- [ ] Restlessness, pacing, phone-reaching
- [ ] Stomach knot or appetite change

5. Pick your exit

One slow breath, then: what is the smallest useful thing I can do in the next five minutes?

If you use this sheet more than a few times a week and the spirals are not easing, that is useful information, not failure. It may be worth talking with a licensed clinician about what the spirals are protecting you from.

BEFORE YOU USE THIS

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