

DATE:

## THOUGHT DOWNLOAD

## -A TOOL FOR MAKING ROOM IN YOUR BRAIN

You can think of a thought download like the decluttering of a closet. At first it feels totally overwhelming to open up the door and see what's inside, but when you complete the job, you feel lighter, clearer, and more purposeful in your life. Because we are focusing on honoring your feelings in part one of the four part series we are going to take the thought download to the next level by noticing how each thought leads us to feel.

Step ONE: Fill this page with thoughts you have about abortion, and or thoughts you have about yourself since abortion. One per line, if possible.

Step TWO: After each thought, write one word describing how you feel when you think that thought.

Remember that there are no right or wrong thoughts or feelings. Keep writing, even when what comes forward surprises you.



## CONTINUED

Step THREE: For each feeling you've identified, write the words, "My abortion doesn't make me feel \_\_\_\_\_; my thoughts about my abortion make me feel \_\_\_\_\_."

It's perfectly normal and okay if at first you don't believe that your thoughts are causing your feelings. Keep practicing this exercise, while borrowing my belief. If you need extra support, reach out and we explore these exercises together.

If you can change your thoughts, you can change your feelings, and if you can change your feelings you can change your life.

FOR MORE SUPPORT REACH OUT TO AMANDA, AND OR SCHEDULE A CALL AT WWW.AMANDASTARKINGSLEY.COM