

WB 1.3 — The Thought

Expands on Chapter 3 (The Thought) in the manual, Chapter 3 in *Shoulder the Bill*.

Purpose A thought is information, not a command. The Thought Reset lets you step back from a thought, check it against reality, and choose your response rather than obey the thought automatically.

How to use this page

When: Learn your default patterns during a calm state. Use the quick reset in the moment a stress thought hits.

Done when: You have named your most common fear prediction and practised one thought at a distance using the defusion format.

Worked example

My common stress thought: 'I am going to fail this and everyone will know.'

Default pattern: catastrophising and fortune-telling.

At a distance: 'I am having the thought that I will fail.' It feels like a guess, not a fact.

Anchor Phrase: 'A thought is information, not a command.'

Protocol: 1. Write. 2. Name. 3. Fact, fear, or guess? 4. Accurate version. 5. One action.

Loop stage: Name → Ground → Narrow

My common stress thoughts:

My most common fear prediction:

My default thought pattern (from the Ten Patterns — WB 2.3c):

A more accurate, balanced version:

Defusion practice — write a current difficult thought in the distancing format, beginning "I am having the thought that...":

☐ Self-Reward Loop completed