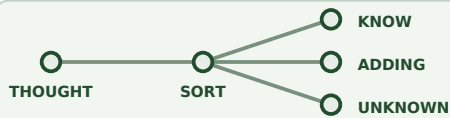




# Sorting Through a Difficult Thought

Separate What You Know From What Your Mind Is Adding



## THE TASK

Write one difficult thought, then sort its parts. Keep what you can verify separate from what you are assuming and what remains unknown.

## WORKED EXAMPLE

Thought: "They have not replied, so I must have upset them."

### WHAT I KNOW

I sent a message this morning. There has been no reply.

### WHAT MY MIND ADDS

They are angry. I must have done something wrong.

### WHAT I DO NOT KNOW

Why they have not replied or when they will.

## 01 WRITE THE THOUGHT IN ONE SENTENCE

Use the words your mind is actually giving you.

## 02 SORT THE THOUGHT

Do not try to solve it yet. Place each part in the box where it belongs.

### WHAT I KNOW

Facts I directly observed or could verify.  
Keep guesses and meanings out of this box.

### WHAT MY MIND IS ADDING

Interpretations, predictions, feared possibilities, or conclusions.

### WHAT I DO NOT KNOW

Information that is missing, uncertain, or not available to me yet.

## 03 DECIDE WHETHER ANYTHING IS USEFUL TO CHECK

A question I can ask, information I can look for, or something I can wait to learn:

## 04 WRITE THE MOST GROUNDED SUMMARY AVAILABLE RIGHT NOW

Use what you know, acknowledge what is uncertain, and leave out conclusions you cannot confirm.

**Grounded does not mean positive or certain. It means staying as close as possible to what you know.**

Educational resource only. If you are in immediate danger or unable to keep yourself safe, call 9-1-1.

In Canada, call or text 9-8-8 at any time for suicide-crisis support.