



Journal Visual

What Might This Thought Be Trying to Protect Me From?

Sometimes our anxious or negative thoughts aren't just trying to hurt us
- they're trying to help us stay safe.

This page invites you to look beneath the surface and discover what your inner protector might be trying to do.

Thought Exploration

Step 1: Write the anxious or negative thought you're experiencing.

Example: "I have to get this perfect."

Step 2: Ask - What might this thought be trying to protect me from?

Example: "Maybe it is trying to protect me from rejection or being seen as a failure."

Step 3: Respond with compassion.

Example: "It makes sense I want to be accepted. But I am worthy even when I am not perfect."

Journal Prompts

1. What anxious or negative thought is repeating in your mind right now?
2. What might that thought be trying to protect you from?
3. What kind response could you offer yourself instead?