Flexible Thinking Steps

Stuck thought. What changed. Other options. Next try. Review.

Name: _____ **Date:** _____

1. Stuck moment

Who, where, when. One concrete scene.

2. Stuck thought

One sentence: only one way / ruined.

3. Feeling + intensity

Name the feeling. Rate 0 to 10.

4. What changed

Fact that is new. Not drama.

5. Other options

List at least three. Silly OK first.

6. Next try

One safe, tiny step. When and where.

7. Try and notice

What worked? What still felt hard?

8. Review

Which Plan B helped? Adjust next time.

Tip: keep values firm. Change the plan, not your honesty, kindness, or safety.

Safety: if unsafe thoughts appear, stop and get help. US: 988 · HOME to 741741 · 911

Not always agreeing. A practice tool for Plan B thinking and cognitive flexibility.

Original layout by Lotus & Tulip, based on cognitive flexibility / flexible thinking skill practice. A practice tool, not therapy.

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My Flexible Thinking Worksheet

Stuck thought. What changed. Other options. Next try. What happened.

Name: _____ **Date:** _____

Stuck moment (who / where / when):

_____

_____

Stuck thought (one sentence):

_____

Feeling: _____ **Intensity 0-10:** _____

What changed / what is new (fact):

_____

Other options (at least three):

_____

_____

_____

1. 2. 3.

Next try (when / where):

_____

What happened after / re-rated feeling:

_____

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Flexible Thinking Practice Log

Seven days of stuck thoughts, other options, and next tries.

Name: _____ **Date:** _____

Day / date	Stuck thought	Other options	Next try	After
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen / kid mini card (cut out and keep)

Stuck thought: _____ What changed:

Other options: 1) _____ 2) _____ 3) _____

Next try before today ends. Keep values. Change the plan.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

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