THOUGHT SURVEILLANCE

Day _____

Please write your running thoughts for 5 to 10 minutes here. Try to be as honest as possible while recording them. You may keep this record in a secure place once you are done with exercise. Record all thoughts, even the most horrible ones, without censoring them or passing any harsh judgment on them or yourself. In this exercise, you are just being a witness to what happens in your mind. BE TRUTHFUL AND HONEST. Nobody sees your records; it is for your own information and use only.

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