

What your mind is telling you

A quick exercise to stop believing every harsh thought after a breakup — and start seeing yourself clearly.

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Why I made this for you

After my breakup, my mind told me I would never be enough. That it was all my fault. That I'd never feel okay again. I believed every single word.

What changed everything was learning — through NLP — that those thoughts weren't truths. They were patterns. Old programs running on repeat. And the moment I stopped believing them, everything shifted.

This worksheet gives you the one exercise I use with every client. It takes about 10 minutes. And it works.

What you'll do in this worksheet

Name it — Write down the thought that hits you hardest.

Test it — Find out if it's actually true — or just a pattern.

Reframe it — Learn to observe the thought instead of becoming it.

The thought reframe exercise

Work through each question honestly. There are no right or wrong answers — just yours.

STEP 1 — NAME IT

Write down the harshest thought your mind keeps telling you:

e.g. "I am not enough" / "It was all my fault" / "I'll never feel okay again"

STEP 2 — TEST IT

What actual evidence in your life DISPROVES this thought?

List moments, achievements, or relationships that tell a different story...

If your best friend said this thought out loud about themselves, what would you tell them?

Notice the gap between how you speak to yourself and how you speak to someone you love.

STEP 3 — REFRAME IT

Rewrite your thought as an observation — not a fact:

Old: "I am not enough" → New: "I notice my mind is telling me I am not enough"

I notice my mind is telling me...

Write one thought you CHOOSE to believe about yourself instead:

I am choosing to believe...

YOU'VE JUST TAKEN THE FIRST STEP · MIND YOUR MIND

You don't have to believe everything you think.

This worksheet is just the beginning. In the full course — What Your Mind Is Telling You — I walk you through the complete NLP process I used to rebuild my own mindset after my breakup.

The full course includes:

- The complete thought reframe process step by step
- How to build a supportive mindset from the inside out
- A daily practice to rewire your thinking starting today

Get the full course for just \$27

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Questions? Email me directly — ask@mindyourmind.com.au

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