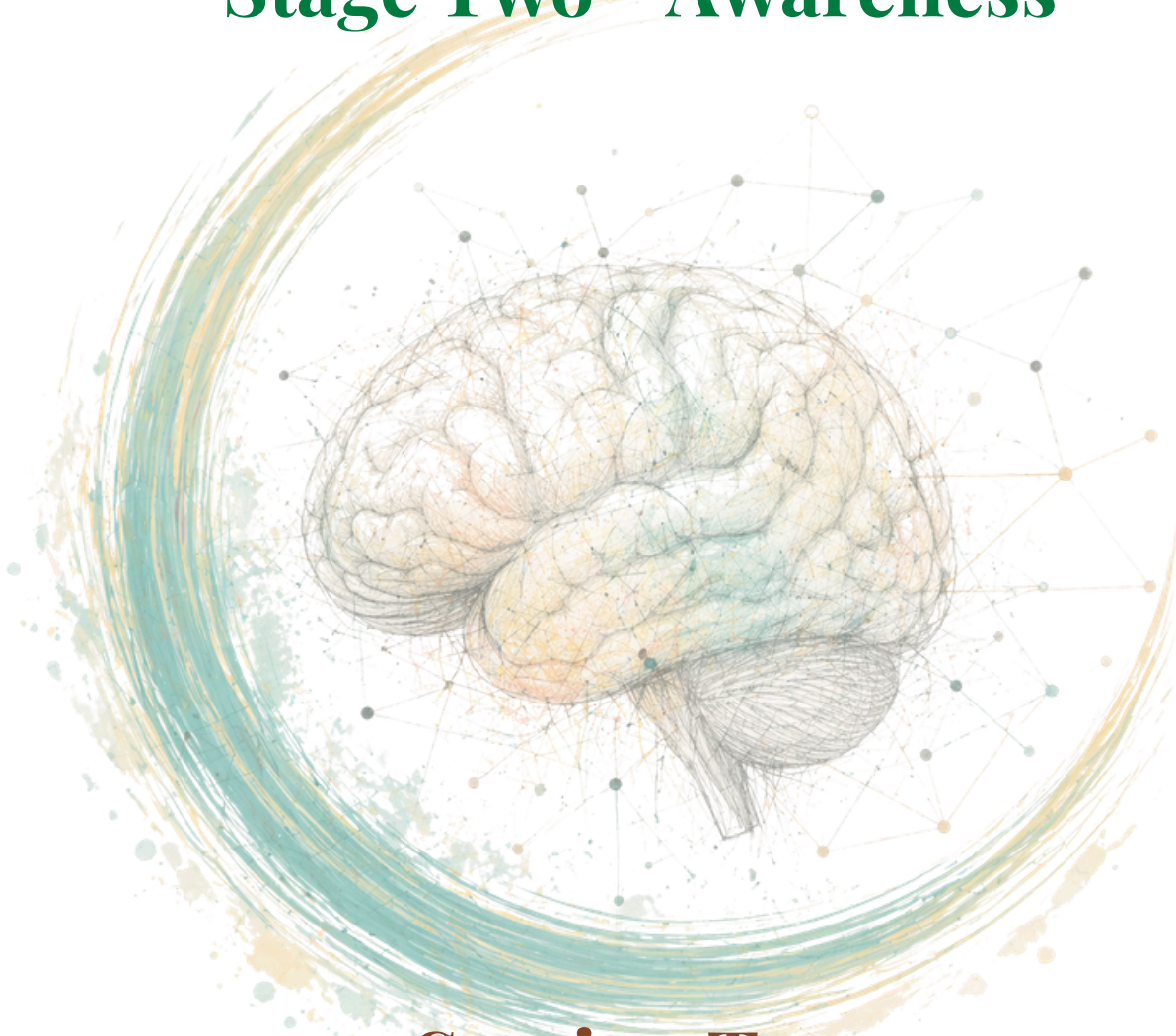


The First Step

Stage Two - Awareness



Session Two The Mind Map

A clear look at how your thinking shapes what you see – and where it leads you

The First Step

Stage Two - Awareness



Session Two – The Mind Map

Seeing the Map in Action

This is a simple way to notice your thinking in real time.

There's nothing to get right here – just observe what your mind does, and explore what else might be possible.

Scenario

What happened?

Default Thought

What was your first automatic thought?

Chosen Response

What is another way you could respond in that moment?

What Can I See Now?

Take a few moments to reflect on what stood out to you in this session

There's nothing to get right here - just be honest about what you can see.

Prompt 1

One pattern I can clearly see in my thinking is...

Prompt 2

This pattern tends to show up when...

Prompt 3

Where this feels most obvious in my life right now is...

Prompt 4

If I'm being completely honest, I can see that I often...

The First Step

Stage Two - Awareness



Session Two – The Mind Map

Real Life Recognition

Where do I already see this showing up in my day-to-day life?

Prompt 1

I notice this pattern when...

Prompt 2

A recent example of this is...

Prompt 3

This tends to affect how I respond by...

Prompt 4

The outcome this usually leads to is...

This Week's Decision

Based on what I can see, I'm choosing to interrupt one pattern – just once.

Prompt 1

The pattern I'm choosing to notice this week is...

Prompt 2

One moment I'm likely to see this is...

Prompt 3

In that moment, one way I'm willing to respond differently is...

Prompt 4

This matters because...

