

Free Yourself – Reflection Exercises & 7-Day Plan

Five exercises and a 7-day plan to notice and interrupt negative thought patterns.

5 reflection exercises

Thoughts are not truth – they are offers. These exercises help you check the offers.

1. Thought MOT · 20 min

Note 5 thoughts that weighed on you this week.

- Is the thought demonstrably true?
- What would be a milder, equally plausible view?
- Whose voice is this really (parent, boss, old self)?

2. The inner critic · 15 min

Give your inner critic a name and a face.

- What does it look like, how does it sound?
- What is it trying to protect you from?
- What do you want to answer today?

3. Emotion traffic light · 3 × 5 min

For 3 days: red / yellow / green for every heavy emotion.

- Which situation triggers red?
- What helps you back to yellow / green?
- Which time of day or context is most vulnerable?

4. Perspective shift · 15 min

Take a situation that currently blocks you.

- How would your best friend describe it?
- How would you see it in 5 years?
- What was your part – and what wasn't?

5. The freeing sentence · 10 min

Formulate a short sentence that reminds you in hard moments who you truly are.

- Where do you place it so you'll see it?
- When will you say it to yourself?
- What changes if you really believe it?

7-day transfer plan

One impulse per day to loosen old thought loops.

Day 1 Notice	Write 10 thoughts that accompanied you today. ↳ Which themes recur?
Day 2 Check	Pick 3 – are they demonstrably true? ↳ What happens when you challenge them?
Day 3 Reframe	For each, write an alternative view. ↳ Which reframe feels right?
Day 4 Limit the critic	Give the critic max. 5 min a day – set a timer. ↳ What is different without constant criticism?
Day 5 Self-compassion	Treat yourself today like a good friend. Note in the evening: what was different? ↳ What was easier today?
Day 6 Act	Take one action you have been avoiding out of fear (small!). ↳ How does it feel to have acted?
Day 7 Anchor	Choose your freeing sentence and embed it in your morning routine. ↳ How do you want to live this sentence in 30 days?