**Noticing Your Autopilot**

Fill this in at least once a day, to increase awareness around the costs of trying to avoid or get rid of painful thoughts and feelings.

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| Painful Thoughts/Feelings/  Sensations/ Memories  that showed up today | What I did to escape, avoid, get rid of them, or distract myself from them | What that cost me in terms of health, vitality, relationship issues, getting stuck, increasing pain, wasted time/money/energy etc. |
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