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**MIND GARDEN WORKSHEET**

**PULLING THOUGHT WEEDS, PLANTING MIND SEEDS**

We all create narratives about our life, others, and what is happening. We hold powerful beliefs about ourselves and others. Sometimes these are accurate, always partial, and sometimes false. These can become like weeds in the garden of our mind and relationships. This can change when we realize there is a difference between the facts we see and the stories we tell ourselves about those facts.

See if you can examine your own thoughts. **As you work through this, try to stay focused your own mental story.**

1. What story are you telling yourself about this conversation?
2. What do you believe about the other person?
3. If every behavior is motivated by a positive intention, what is the positive intention of their behavior?