

Thought Audit: Decluttering the Mind

*This is a tactical tool for when your head feels "loud" or your thoughts are spinning in loops. Most of the time, anxiety thrives in the vague "what-ifs." **The Thought Audit** forces those thoughts into the light where they lose their power.*

The Audit Process

1. The Brain Dump Get everything out of your head and onto paper (or a digital note). Don't filter it. Whether it's "I'm worried about the meeting" or "I think I'm failing as a friend," just get it out.

2. The Truth Filter Take each thought and ask three questions:

- **Is this a fact or a feeling?** (Feelings are real, but they aren't always true.)
- **Do I have control over this?** (If no, it moves to the "Release" pile.)
- **What does God say about this?** (Replace the lie with a specific truth.)

3. The Action/Release Split

- **Action:** If a thought is a legitimate concern you can control, give it a 15-minute time slot to be handled.
- **Release:** If it's a "what-if" or an opinion of someone else, consciously give it to God.

4. The Final Replacement Once you've cleared out the "noise," don't leave your mind empty. Use the **Philippians 4:8** checklist below to find a new "Anchor Thought." If the new thought doesn't check these boxes, it's not allowed to stay:

- **Is it True?** (Does God say this about me?)
- **Is it Honorable?** (Does it respect myself and others?)
- **Is it Just and Pure?** (Is it aligned with God's character?)
- **Is it Lovely and Commendable?** (Does it bring peace or panic?)

*"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."
(Philippians 4:8)*

Still Feeling Overwhelmed?

Sometimes, "taking every thought captive" is hard to do alone, especially when the noise feels too loud to sift through. If you're struggling to find clarity or feeling paralyzed by overwhelming thoughts, you don't have to figure it out by yourself.

In a **Mental Health Coaching session**, we can work together to break down those barriers, identify the truth, and build a sustainable rhythm for your mind.

Book a session: <https://crisarmstrong.com/product/mental-health-coaching/>