

# WITH / WITHOUT A THOUGHT

## Printouts and Templates

The **PERSONAL** templates can be used in advisory, counseling, to develop social-emotional skills, and to support restorative practices.

The **ACADEMIC** templates can be used to analyze a character, to understand the impacts of historical thinking over time, and more

Template Link	How to use
<b>Personal:</b> <a href="#">Unstructured</a>	Free form answers.
<b>Personal:</b> <a href="#">How I treat them</a>	Reflection on communication.
<b>Personal:</b> <a href="#">Negative self-talk</a>	Reflection on the impact of negative self-talk
<b>Personal:</b> <a href="#">Fully structured</a>	Structured personal reflection.
<b>Personal:</b> <a href="#">Flipped</a>	Reflection on the impact of a motivating, creative, or inventive thought
<b>Academic:</b> <a href="#">Unstructured</a>	Free form answers.
<b>Academic:</b> <a href="#">Structured</a>	For historical and character analysis
<b>Academic:</b> <a href="#">Flipped</a>	Exploring the impact of positive thoughts
<b>Graphics:</b> <a href="#">Build Your Own</a>	Graphics you can use to build your own structure.

# WITH / WITHOUT A THOUGHT

WHAT HAPPENS WHEN YOU BELIEVE THE THOUGHT?

WITHOUT THE THOUGHT, WHAT MIGHT CHANGE?

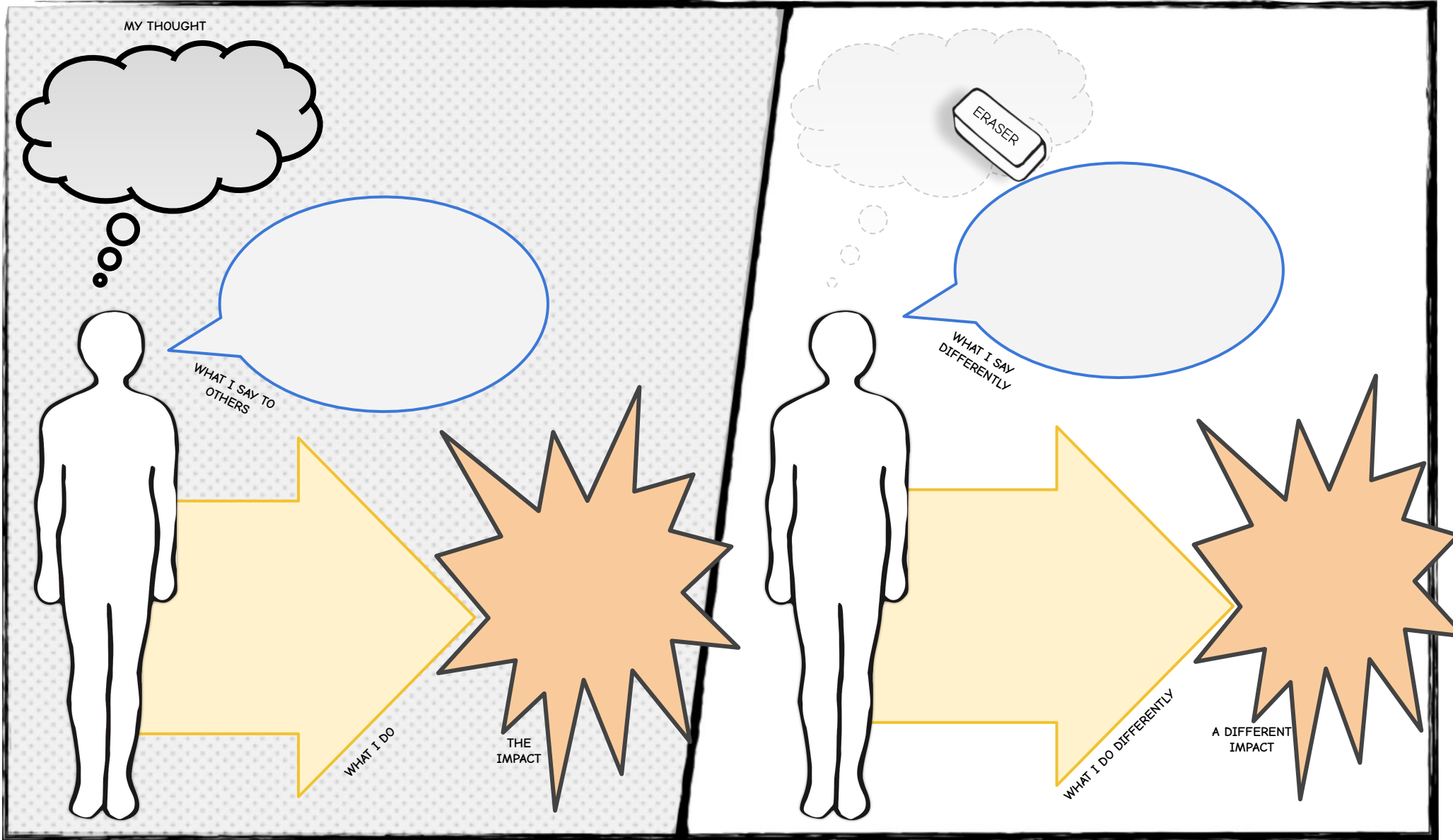
The worksheet is divided into two panels by a vertical line. The left panel has a grey dotted background and contains a large, solid black thought bubble with three smaller circles leading to it. The right panel has a white background and contains a large, dashed black thought bubble with three smaller dashed circles leading to it. An eraser with the word 'ERASER' written on it is positioned on the right side of the dashed thought bubble.

**Personal reflection  
(unstructured)**

# WITH / WITHOUT A THOUGHT

HOW DO YOU TREAT PEOPLE WHEN YOU BELIEVE THE THOUGHT?

WITHOUT THE THOUGHT, WHAT MIGHT CHANGE?

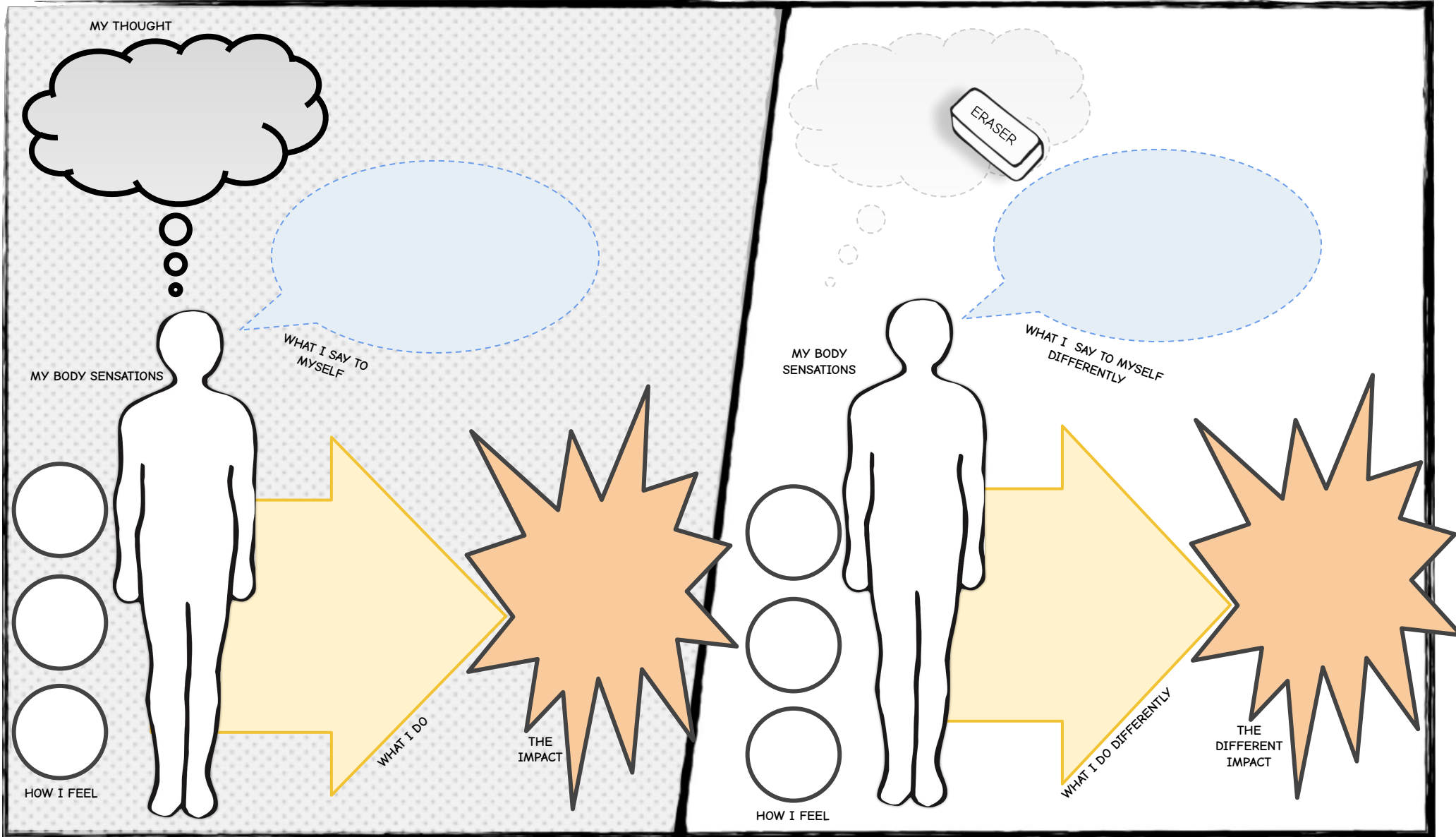


**Personal reflection  
(communication focused)**

# WITH / WITHOUT A THOUGHT

HOW DO YOU TREAT YOURSELF WHEN YOU BELIEVE THE THOUGHT?

WITHOUT THE THOUGHT, WHAT MIGHT CHANGE?

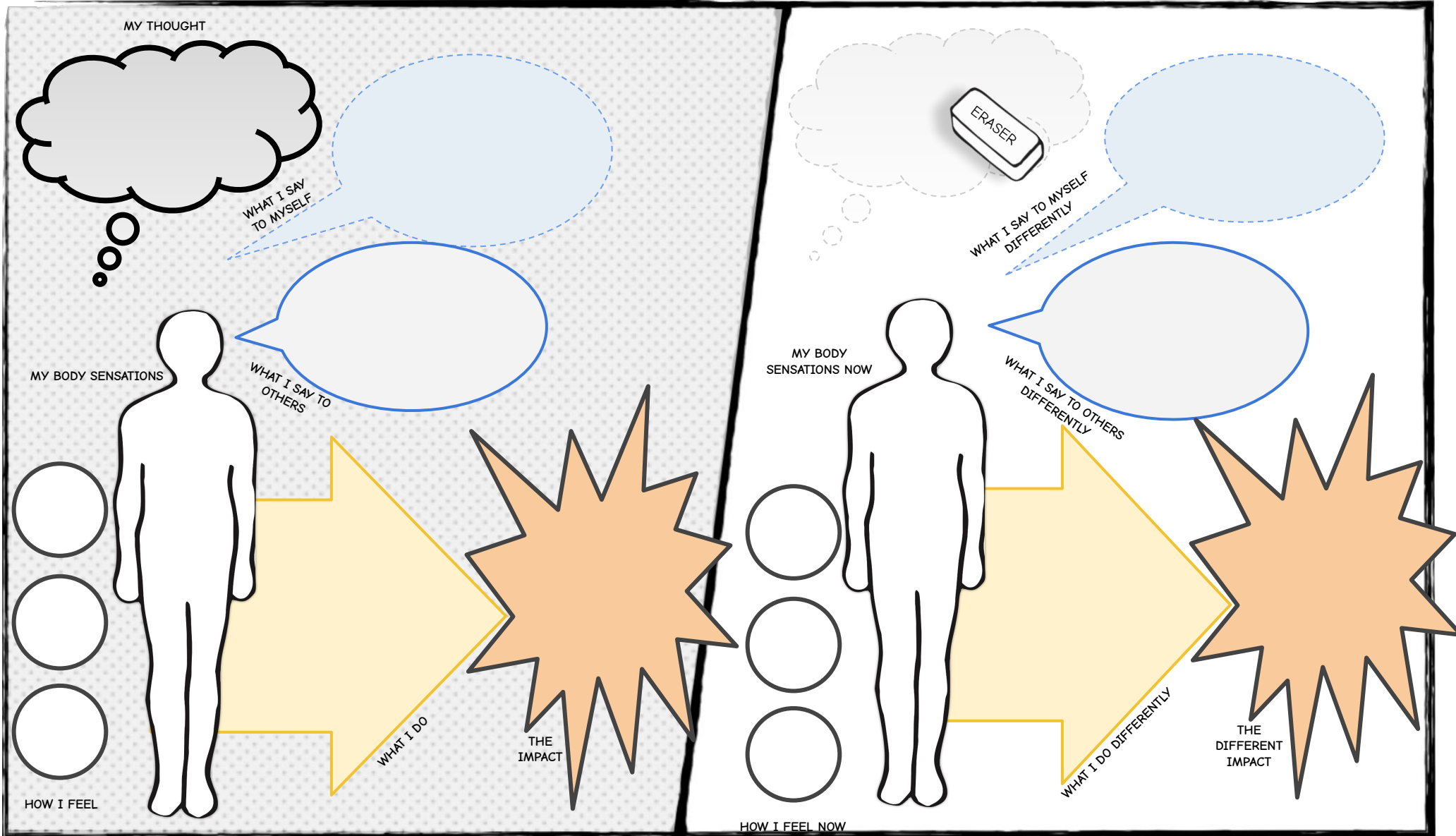


**Personal reflection  
(self-talk)**

# WITH / WITHOUT A THOUGHT

WHAT HAPPENS WHEN YOU BELIEVE THE THOUGHT?

WITHOUT THE THOUGHT, WHAT MIGHT CHANGE?



Personal reflection (structured)

# WITH / WITHOUT A THOUGHT

WHAT HAPPENS WHEN YOU BELIEVE THE THOUGHT?

WITHOUT THE THOUGHT, WHAT MIGHT CHANGE?

MY CREATIVE OR  
MOTIVATING THOUGHT

The worksheet is divided into two vertical panels. The left panel is white and contains a large, solid thought bubble with three smaller circles leading down to it. Above the bubble is the text 'MY CREATIVE OR MOTIVATING THOUGHT'. The right panel is shaded with a fine dot pattern and contains a dashed thought bubble with three smaller circles leading down to it. An eraser labeled 'ERASER' is positioned on the right side of the dashed bubble, as if about to erase it.

**Personal reflection**

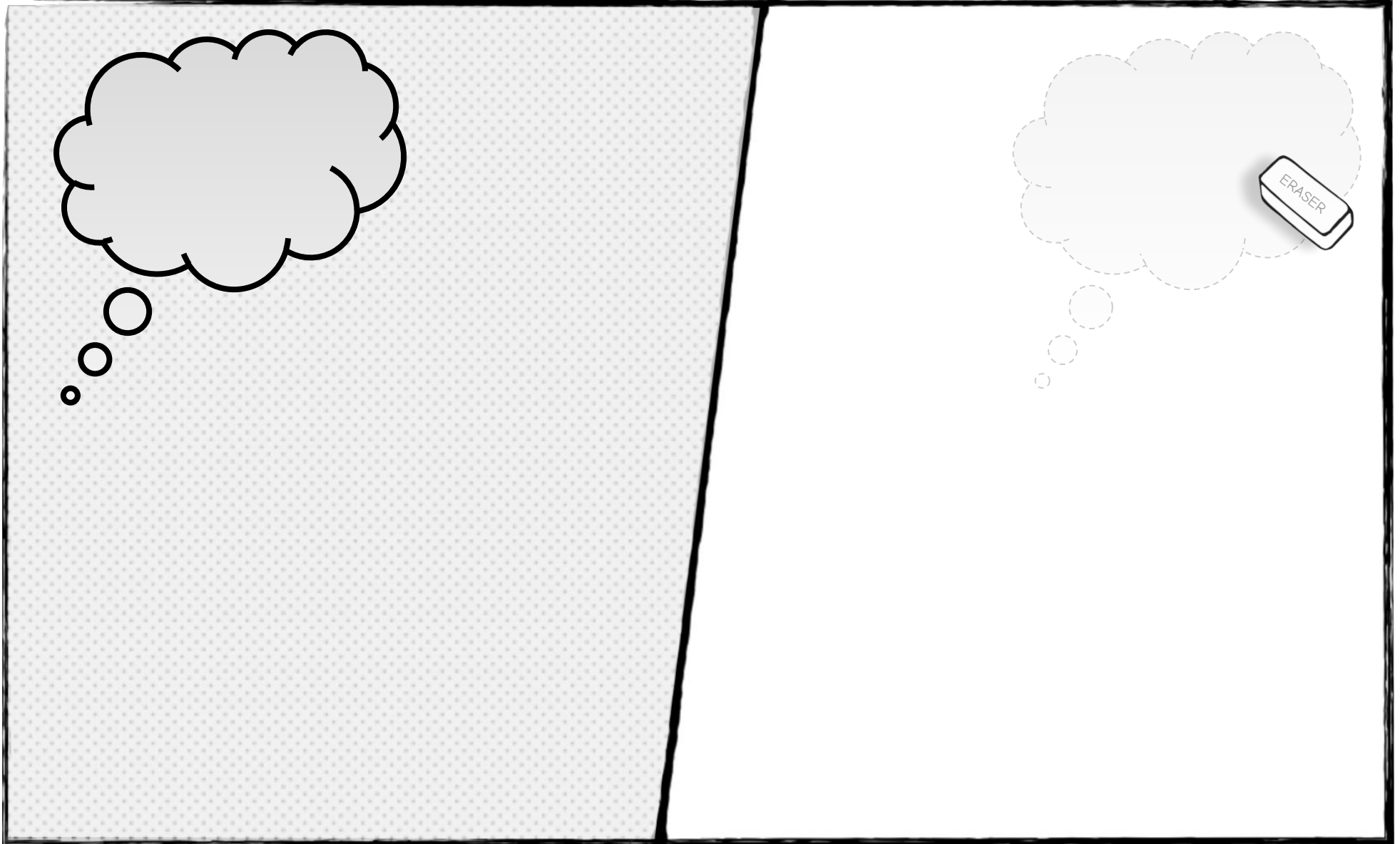
**(flipped to start with motivating thought)**

# WITH / WITHOUT A THOUGHT

*Use this compare/contrast structure to illustrate the impact of someone's thought.*

What happens when \_\_\_\_\_ believe(s) the thought?

Without the thought, what might change (or did change)?

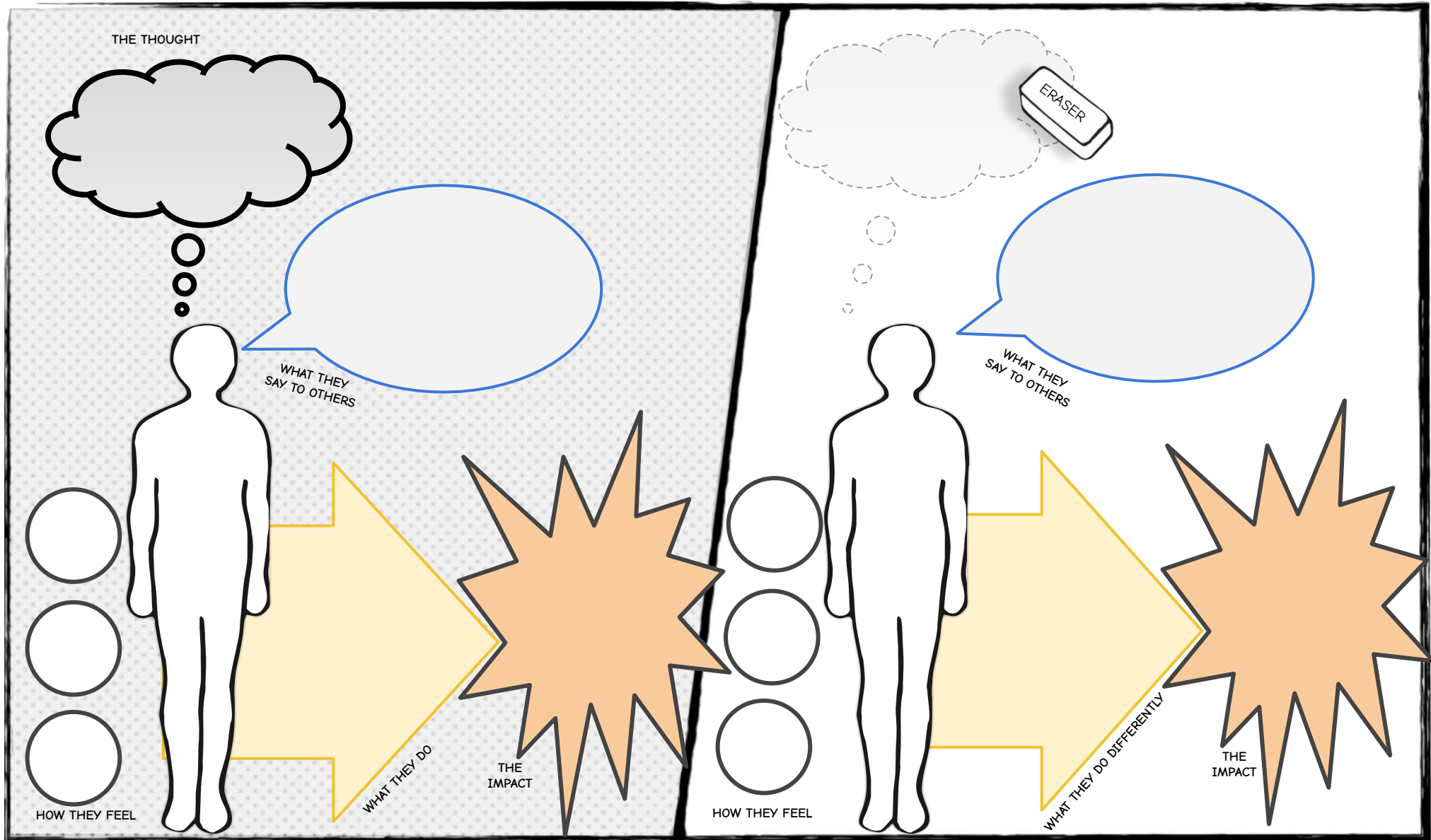


# WITH / WITHOUT A THOUGHT

Use this compare/contrast structure to illustrate the impact of someone's thought.

What happens when \_\_\_\_\_ believe(s) the thought?

Without the thought, what might change (or did change)?





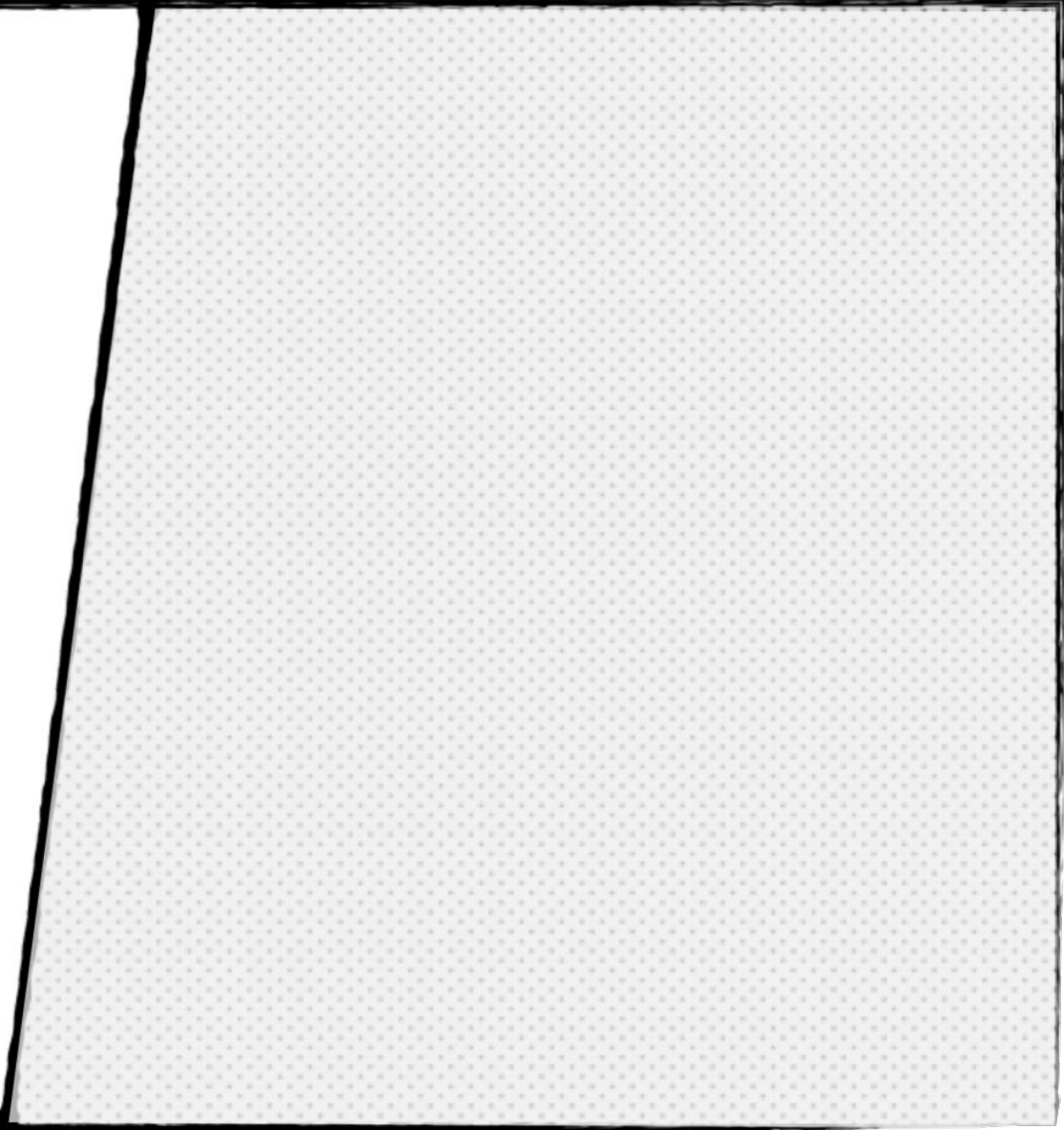
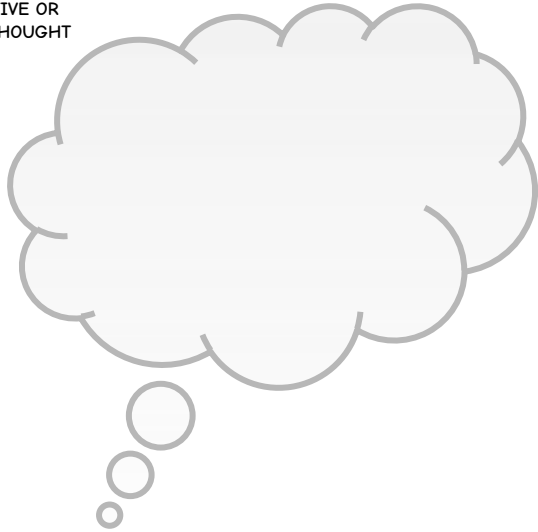
# WITH / WITHOUT A THOUGHT

*Use this compare contrast structure to analyze a character or a historical figure.*

What happens when \_\_\_\_\_ believe(s) the thought?

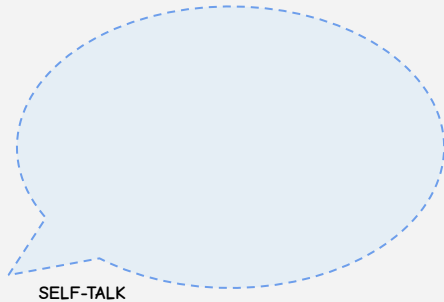
Without the thought, how might things be different?

THEIR CREATIVE OR  
MOTIVATING THOUGHT



# BUILD YOUR OWN TEMPLATES TO MATCH YOUR NEEDS! DUPLICATE A SLIDE AND YOU CAN USE THE GRAPHICS BELOW TO DESIGN.

THE THOUGHT

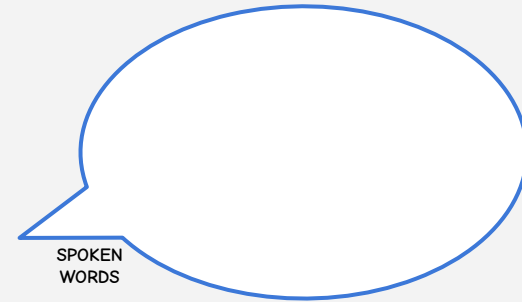
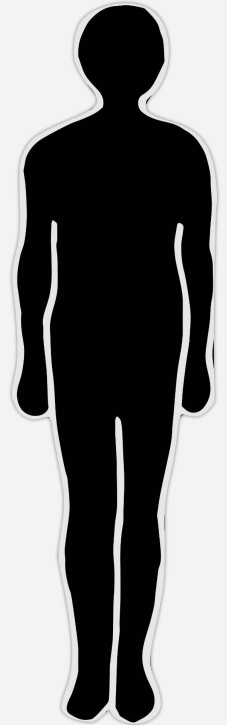
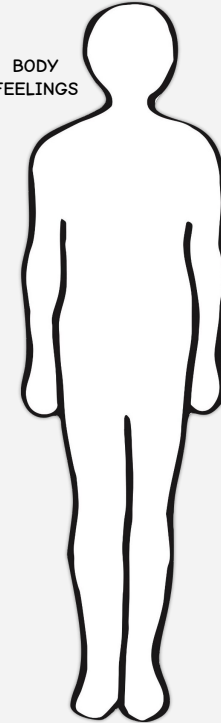


SELF-TALK

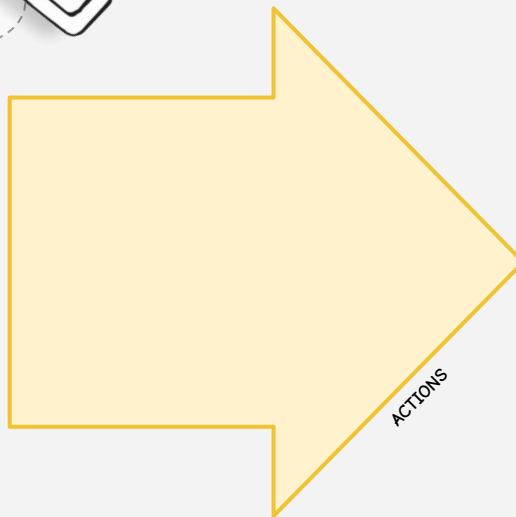
EMOTIONS



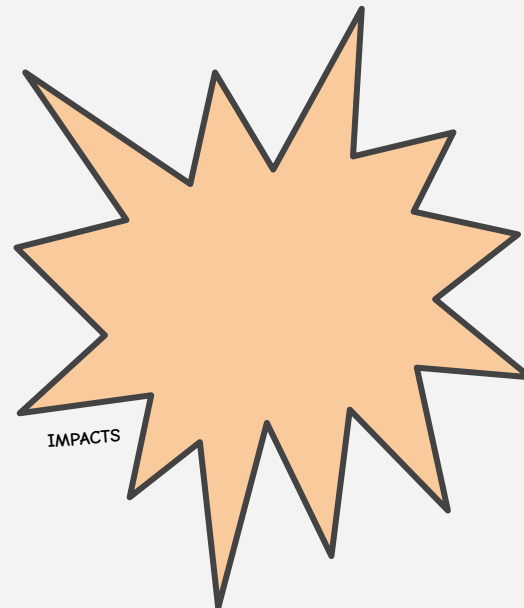
BODY FEELINGS



SPOKEN WORDS



ACTIONS



IMPACTS