

UNDERSTAND
GROW
THRIVE

THINKING PATTERN ROADMAP

A GUIDE TO THE 7 THINKING PATTERNS

PAGE 2: REFLECTION & ACTION PLANNER

Use this page to reflect on a situation, recognize the thinking pattern, and plan your response for next time.

**1 OBSERVED BEHAVIOR/
WORDS FROM CHILD**



What did I see or hear?

Blank space for reflection

**2 CHECK MY REACTION.
WHAT AM I THINKING/
FEELING ABOUT THIS?**



What is my normal reaction?

Blank space for reflection

**3 LOOK FOR SIGNS OF
THINKING PATTERN...
WHICH ONE IS
PREDOMINANT?**



Which of the 7 thinking patterns fits best?

Blank space for reflection

**4 WHAT IS MY REACTION
NOW THAT I HAVE
IDENTIFIED THE
THINKING PATTERN?**



How will I respond differently?

Blank space for reflection

**5 WHAT SHOULD
I DO INSTEAD?**



What strategy or support will I use?

Blank space for reflection

**6 WHAT IS
THE OUTCOME?**



What happened as a result?

Blank space for reflection

**7 HOW WILL I MODIFY
THIS INTERVENTION
NEXT TIME?**



What will I keep, change, or try?

Blank space for reflection

REMEMBER!

★ Every thinking pattern has a purpose. Awareness builds understanding. Understanding builds connection.



Stay curious. Stay calm. Stay connected. You've got this!