

THE THOUGHT DETOX

Your problem isn't the problem,
it's how you're thinking about it.



What to do when your mind keeps circling the problem
instead of moving you forward.

As a business owner, you don't have a shortage of problems.

You have:

- decisions to make
- risks to take
- pressure to perform.

That's normal.

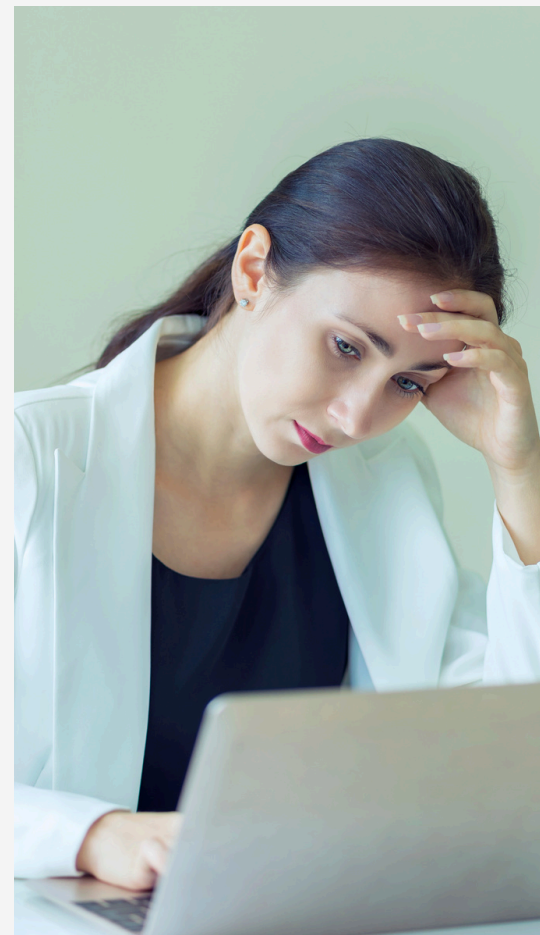
But here's what's not helping ...

The way you're reacting to those problems

Most people don't just face problems. They:

- resist them
- overthink them or
- emotionally spiral around them

If that feels familiar, you're not alone, and it's not a capability issue.



Pause → Reframe → Decide Method

**Next time you feel yourself reacting to a problem,
PAUSE, and run this:**

1

What am I reacting to right now?

FACT or INTERPRETATION?

This separates reality from the story you're telling yourself.

2

How can I **REFRAME** this?

Change the language:

- "problem" → "challenge"
- "this is going wrong" → "this needs solving"
- "this is a threat" → "this is something to work through"

The words you use shape how you think. And how you act.

3

What decision or action will move this **FORWARD?**

Not perfectly. Just forward.

The Pause → Reframe → Decide Method works.

But the reality is, that under pressure, your default thinking will still take over.

Most people **know** they **should** pause, but don't. Because they don't have a system to catch and correct their thinking consistently so that it becomes a habit.

That's exactly what we built inside The Thought Lab.

So you're not just reacting better once ...you're operating differently every day.

Wendy and Kate

The THOUGHT LAB system

A 5-step system to help you:

- identify unhelpful thinking
- interrupt it in real time and
- replace it with thinking that leads to action.



[CLICK HERE TO LEARN MORE](#)