

# Getting to the ROOT of your Mental Health

This exercise will help you see what the root thought is of your toxic behaviors and thought patterns. Take time to really think about what your most triggering thought is before you start this practice. You can do this again and again with other triggering thoughts to see if they have the same root, or if they have different roots. Go through as many steps as you need (you can even add more to the back of the page) before you get to the ROOT. You'll know it when you see it. If you don't contact me @heightsinheels on Instagram or email me at [chightsinheels@gmail.com](mailto:chightsinheels@gmail.com) and I'll be glad to help you walk through this.

Step 1- Your Triggering thought is:

Step 2- Why? What does that mean about you?

Step 3- Why? What does that mean about you?

Step 4- Why? What does that mean about you?

Step 5- Why? What does that mean about you?

Step 6- Why? What does that mean about you?

Step 7- Why? What does that mean about you?

Step 8- Why? What does that mean about you?

My Root Thought and Belief is:

What does the Bible say about that root thought and belief?