

# DAY-TIGHT COMPARTMENTS

## A Tool for Managing Negative Thoughts

Think of your mind like a ship with separate compartments. When the ship springs a leak, just like when a negative thoughts flood in, you can bring down the metal doors on worries that you can't address right now, while keeping the ship moving forward.

This isn't about ignoring problems - it's about choosing when to deal with them.

### **PART 1: IDENTIFY & CONTAIN**

When negative thoughts appear:

1. I'm worried about:

2. Can I do anything about this RIGHT NOW?  Yes  No

3. If no, my "closing door" phrase is:

**Your "Closing Door" Phrase:**

A short, powerful reminder to contain worry and stay present.

Choose one that works for you:

- "Not now, focus on what's in front of me"
- "I'll deal with this later"
- "Close the door, keep moving forward"

### **PART 2: REDIRECT & MOVE**

What I need to focus on right now:

1. Next hour:
2. This afternoon:
3. End of day:

### **PART 3: QUICK CHECK**

When I feel overwhelmed today, I will:

1. Say my "closing door" phrase

### **PART 4: QUICK CHECK**

When I feel overwhelmed today, I will:

1. Say my "closing door" phrase
2. Focus on:

### **END OF DAY:**

1. What worked today?
2. What's one thing I'll do differently tomorrow?

