

The Garden Shrink

Replacing Cognitive Distortions with Garden■Wise Thinking

Step 1 – Notice the Thought: What discouraging thought showed up?

Step 2 – Name the Pattern: Which distortion fits best?

Step 3 – Gather Evidence: What facts support it? What facts don't?

Step 4 – Garden■Wise Reframe: What would you say to a friend—or a plant?

Step 5 – Gentle Next Action: Choose the next small tending step.
