

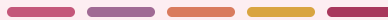
Pretty Sisters

THE DAILY THINK PRETTY PRACTICE

TEA Time

Thought. Emotion. Action. Three questions that turn a hard moment into a loving next step.

Includes the one-page version for a quick reset, the expanded guided version for the days that need more room, and seven worked examples so you can see how it actually sounds.



THE PRACTICE

Why three questions is enough

Most hard days are not caused by the day. They are caused by a sentence — one line running quietly in the background, deciding how everything feels.

TEA Time is deliberately small. You are not journaling your childhood. You are catching one thought, naming one feeling, and choosing one step. It takes about two minutes, which is exactly why women actually do it.

T — THOUGHT**What sentence is running the show?**

Write it exactly as it sounds in your head, in its own rude voice. Do not soften it and do not add “but I know that’s not true.” A sentence you are too polite to write down is one you cannot change.

E — EMOTION**What am I feeling?**

Plain words: tired, jealous, ashamed, scared, lonely, hopeful, flat. Then look underneath — anger is often fear wearing a jacket. Naming a feeling takes most of its power to steer you.

A — ACTION**What is one loving next step?**

Toward yourself or toward someone else. One step, not a whole new life. If it takes longer than ten minutes or requires a different personality, it is too big.

Four rules that make it work

- **Two minutes, not twenty.** If it becomes a project, you will stop doing it.
- **Honest beats tidy.** Nobody reads this page. Write the ugly version.
- **One action only.** Three actions is a to-do list, and a to-do list is not comfort.
- **No fixing required.** Some days the loving next step is a glass of water and bed.

WHEN TO REACH FOR IT

Right after the scroll. In the car before you go inside. When you snapped at someone and do not know why. When you feel behind. When you have read the same paragraph four times. First thing in the morning, on purpose, as a habit — that is the version that changes people.

Gentle note: Think Pretty resources offer encouragement and reflection, not therapy, medical advice, or crisis care. If you are in crisis or immediate danger, contact your local emergency number or a licensed professional. In the U.S., call or text 988.

THE ONE-PAGE VERSION

TEA Time

Date: _____ How today feels on a scale of one to ten: _____

T — THOUGHT

What sentence is running the show right now?

E — EMOTION

What am I feeling? And what is underneath it?

A — ACTION

What is one loving next step — toward myself or someone else?

☐ I did it.

THE TRUER SENTENCE

If a woman you love said your thought out loud, what would you say back to her? Write that here.

WHICH BELIEF IS THIS?

- ☐ 1 · You are pretty
- ☐ 2 · You are not alone
- ☐ 3 · You can do it
- ☐ 4 · You are meant for joy
- ☐ 5 · Love is the answer

THE EXPANDED VERSION — PART ONE

Guided TEA Time

For the days that need more room. Take ten minutes instead of two. There are no wrong answers on this page and nobody is going to read it.

STEP 1 · LAND

Before the questions: feet flat, one slow breath. Right now, in this exact moment, I am...

STEP 2 · T — THE THOUGHT

What sentence is running the show? Write it word for word.

How old does that sentence feel? Where do you think you first heard it?

Is it a fact, or is it an opinion you have had for a long time?

STEP 3 · E — THE EMOTION

Circle everything that fits. Add your own.

tired · jealous · ashamed · scared · lonely · angry · flat · overwhelmed · embarrassed · restless ·
hopeful · grieving · invisible · behind · relieved · proud · numb · _____

Where do you feel it in your body?

What is underneath it? (Anger is often fear. Jealousy is often wanting.)

THE EXPANDED VERSION — PART TWO

STEP 4 · THE KINDER SENTENCE

If a woman you love said your thought about herself, what would you say back? Say it to yourself in the same tone.

What is one piece of evidence that the old sentence is not the whole truth?

STEP 5 · A — THE ACTION

One loving next step. Pick a lane, then make it specific enough to finish today.

☐ **Toward myself** — rest, water, a walk, a boundary, a no

☐ **Toward the dream** — twenty minutes on the thing

☐ **Toward someone** — a text, an apology, a thank you

☐ **Toward the truth** — say the hard sentence to one person

My one step is:

When, exactly: _____ Done: ☐

STEP 6 · CLOSE IT

One thing I am grateful for:

The line I carry into today:

IF THIS ONE IS BIGGER THAN A WORKSHEET

Some thoughts are not a bad day — they are a heavy season, and heavy seasons deserve more than a page. If the same painful sentence keeps returning, or if you are thinking about harming yourself, talk to a licensed professional or someone you trust. In the U.S., call or text **988** any time.

WORKED EXAMPLES — PART ONE

What it sounds like in real life

Seven of the most common places women get stuck. Yours will not sound exactly like these, and that is fine. These are here so you know you are doing it right.

BELIEF 2 Comparison

T: *"She got the thing I wanted. I must not be good enough."*

E: jealous, a little sick — and underneath it, scared that I am running out of time

A: Send her one honest, specific congratulations. Then spend twenty minutes on my own version.

The truer sentence: *Her yes is not my no. There is more than one seat.*

BELIEF 2 Loneliness

T: *"Everyone already has their people. I would be intruding."*

E: lonely, embarrassed to be lonely — and underneath it, afraid that reaching out will confirm it

A: Text one woman something specific and low-stakes today. Not a plan — a sentence.

The truer sentence: *Most women are lonelier than their calendars look. Somebody is waiting for me to go first.*

BELIEF 3 Anxiety

T: *"Something is going to go wrong and it will be my fault."*

E: wired, tight in the chest — and underneath it, trying to control an outcome that was never mine

A: Write down the one thing in this that is actually mine to do, do that, and put the phone down for an hour.

The truer sentence: *I can be responsible for my part without being responsible for everything.*

BELIEF 1 Shame

T: *"If they knew what I am really like, they would not want me around."*

E: small, hot-faced, hiding — and underneath it, afraid that a mistake is the same thing as an identity

A: Tell one safe person one true thing I have been carrying alone.

The truer sentence: *I did a thing I regret. That is different from being a thing I regret.*

WORKED EXAMPLES — PART TWO

BELIEF 3 Low confidence

T: *"I am not the kind of person who does things like that."*

E: flat, resigned — and underneath it, years of small promises I quietly let go of

A: Keep one tiny promise to myself before dinner — small enough that I definitely will.

The truer sentence: *Confidence is not a personality. It is the residue of kept promises, and I can start one today.*

BELIEF 4 Joy that feels out of reach

T: *"I will be happy when things finally calm down."*

E: heavy, dull, guilty for being dull — and underneath it, waiting for permission to enjoy an unfinished life

A: Write down three small joyful things that already happened today, before I go to sleep.

The truer sentence: *Joy is not at the finish line. It is in the middle, and it is easy to miss unless I name it.*

BELIEF 5 Starting over

T: *"It is too late for me. I already used up my chance."*

E: grieving, embarrassed — and underneath it, afraid of wanting something again and being disappointed

A: Name the smallest first step and do it today. Then tell one person I am starting.

The truer sentence: *I am not behind. I am at the beginning of this one, and beginnings are allowed at every age.*

Use the examples like this

- **Find the closest one.** Not the exact one — the closest one.
- **Steal the shape, not the words.** Your thought is yours; the structure is what transfers.
- **Notice the pattern.** Nearly every hard feeling has a wanting or a fear underneath it. Finding that is most of the work.
- **Keep the action small.** In all seven examples the action takes under twenty minutes. That is on purpose.

You cannot change a sentence you are too polite to write down.

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