

I WILL RECOGNIZE, REMOVE, AND REPLACE MY DEFEATING THINKING

- 1. What thinking is looping?**
- 2. What thinking kills fixing?**
- 3. What thinking kills coping?**
- 4. What'll I tell myself to cope?**
- 5. What'll I tell myself to fix it?**
- 6. What'll I tell myself to let go?**

Copyright © 2006 by Kevin Everett FitzMaurice

[www.kevinfitzmaurice.com](http://www.kevinfitzmaurice.com)