

EC: I Get from Here to There by Secondly Removing My Stinking Thinking

RECOGNIZE IT: Self-limiting thinking. Self-defeating thinking. Self-disturbing thinking.	REMOVE IT WITH MOTIVATE: Does it promote peace? Does it encourage processing? Does it support healthy habits?	REMOVE IT WITH FUNCTION: Does it make it worse? How does it make me act? How does it make me feel?	REMOVE IT WITH PREDICT: Must it really lead to that? Where's evidence and history? What possibilities are probable?
ATTACHMENT			
BECOMING			
TRYING TO DO SELF			
TRYING TO DO OTHERS			
TRYING TO DO LIFE			