

EC: I Get from Here to There by Thirdly Replacing My Stinking Thinking

RECOGNIZE IT: Transfer below your thinking errors that you recognized on your previous worksheet.	REPLACE: PROBLEM-SOLVING How will I fix this? Who will help me fix it? How will I get help to fix it?	REPLACE: COPING SELF-TALK How will I accept it? What will I tell myself to help me live with this as it is?	REPLACE: HEALTHY HABITS What better self-care will I regularly practice to help me to think, feel, and do better?
ATTACHMENT Error of: (1) making everything about me and who I was or am; (2) identifying with my experiences and behaviors; (3) ego pain and pleasure from being my thoughts and things; (4) self-absorbed, self-centered.			
BECOMING Error of: (1) trying to become something; (2) thinking things or accomplishments can make me something; (3) thinking opinions or relationships can create or change me; (4) false fears of what self, others, and life can do to my self.			
TRYING TO DO SELF Error of: (1) effort instead of surrender; (2) thinking instead of flow; (3) getting in the way with thought instead of letting it be; (4) interference from lost in thought.			
TRYING TO DO OTHERS Error of: (1) trying to control other's opinions; (2) trying to live through others; (3) trying to control self by controlling others; (4) lack of tolerance and forgiveness.			
TRYING TO DO LIFE Error of: (1) worrying as magic and power; (2) whining as magic and power; (3) blaming and damning life for my problems; (4) lack of acceptance, coping, and letting go.			