

4 Rs SWITCH FROM RISKY: Recognize, Remove, Replace, Repeat

1. RECOGNIZE: I am overly upset and-or overreacting. I am telling myself upsetting things. What upsetting thoughts do I usually tell myself? What upsetting thoughts am I telling myself now?

2. REMOVE: I can and will talk myself out of my upsetting thoughts. I will test my upsetting thoughts and prove them to be: against my best interests, nonsensical, discouraging, defeating, disturbing.

3. REPLACE: I will replace my self-disturbing thinking with thinking that is: realistic, calm, supportive, learning, balanced, motivating, encouraging, uplifting, accepting, helpful, problem-solving, coping.

4. REPEAT: I will do the first 3 Rs until I have a strong new habit.