

4Q-2HO-3Rs: 4 Questions, 2 Healthy Options and Recognize, Remove, Replace

This 4 question system combines the wisdom of the 2 Healthy Options (problem-solving and coping vs. whining, blaming, and damning) and the 3Rs (recognizing self-defeating thinking, removing self-disturbing thinking, replace self-discouraging thinking). It is also the practical application of both the Garden Your Mind and Results-Oriented Thinking philosophies. Furthermore, it also helps you reduce the GADSAP feelings: the problematic feelings of guilt, anxiety, depression, shame, anger, pride. And with enough practice will reduce your negative stress.

Problem statement: To start to learn the 4 question system, write out a problem that you are having in relationships at home, work, school, or elsewhere.

1. QUESTION YOURSELF TO IMPROVE PROBLEM-SOLVING.

RECOGNIZE THINKING: What problem-solving thinking do/did I have about this problem? Examples of poor: This must not be. They must not do what they do. Demandingness is a way to understand poor problem-solving.

RECOGNIZE RESULTING FEELINGS: What feelings do/did I have about the problem from thinking this way?

REMOVE SELF-DEFEATING THINKING: How is/was this thinking helping or hurting my problem-solving this problem?

REMOVE SELF-DEFEATING FEELINGS: How is/was my feeling this way helping or hurting my problem-solving the problem?

REPLACE SELF-DEFEATING THINKING: What more productive thinking can I use in the future to help me problem-solve this or similar problems?

REPLACE SELF-DEFEATING FEELINGS: What more helpful and encouraging feelings will result from this more effective way of thinking?

2. QUESTION YOURSELF TO IMPROVE COPING.

RECOGNIZE THINKING: What coping thinking do/did I have about this problem? Examples of poor: I can't stand it. It's too hard. I must avoid it. LFT (low frustration tolerance) is an excellent way to understand poor coping.

RECOGNIZE RESULTING FEELINGS: What feelings do/did I have about the problem from thinking this way?

REMOVE SELF-DISTURBING THINKING: How is/was this thinking helping or hurting my coping with the problem?

REMOVE SELF-DISTURBING FEELINGS: How is/was my feeling this way helping or hurting my coping with the problem?

REPLACE SELF-DISTURBING THINKING: What more productive thinking can I use in the future to help me cope with this or similar problems?

REPLACE SELF-DISTURBING FEELINGS: What more helpful and encouraging feelings will result from this more effective way of thinking?

3. QUESTION YOURSELF TO IMPROVE MOTIVATION.

RECOGNIZE THINKING: What motivation (or meaning, purpose, plans, goals, ideals) thinking do/did I have about this problem? Examples of poor: Why bother! It's just a waste of time. It's impossible. What's the use!?

RECOGNIZE RESULTING FEELINGS: What feelings do/did I have about the problem from thinking this way?

REMOVE SELF-DISCOURAGING THINKING: How is/was this thinking helping or hurting my motivation regarding the problem?

REMOVE SELF-DISCOURAGING FEELINGS: How is/was my feeling this way helping or hurting my motivation regarding the problem?

REPLACE SELF-DISCOURAGING THINKING: What more productive thinking can I use in the future to help me stay motivated with this or similar problems?

REPLACE SELF-DISCOURAGING FEELINGS: What more helpful and encouraging feelings will result from this more effective way of thinking?

4. QUESTION YOURSELF TO IMPROVE IDENTITY.

RECOGNIZE THINKING: What identity (or personalizing, making it about me, putting my self at risk, ego, self-esteem, insecurity, self-downing: stupid, worthless, defective, outcast) thinking do/did I have about this problem?

RECOGNIZE RESULTING FEELINGS: What feelings do/did I have about the problem from thinking this way?

REMOVE SELF-DAMNING THINKING: How is/was this thinking helping or hurting my identity with this or similar problems?

REMOVE SELF-DAMNING FEELINGS: How is/was my feeling this way helping or hurting my identity with this or similar problems?

REPLACE SELF-DAMNING THINKING: What better thinking can I use in the future to help me have the identity I want with this or similar problems?

REPLACE SELF-DAMNING FEELINGS: What more helpful and encouraging feelings will result from this more effective way of thinking?