

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

Problem statement: _____

1. QUESTION YOURSELF TO IMPROVE PROBLEM-SOLVING.

RECOGNIZE THINKING: _____

RECOGNIZE RESULTING FEELINGS: _____

REMOVE SELF-DEFEATING THINKING: _____

REMOVE SELF-DEFEATING FEELINGS: _____

REPLACE SELF-DEFEATING THINKING: _____

REPLACE SELF-DEFEATING FEELINGS: _____

2. QUESTION YOURSELF TO IMPROVE COPING.

RECOGNIZE THINKING: _____

RECOGNIZE RESULTING FEELINGS: _____

REMOVE SELF-DISTURBING THINKING: _____

REMOVE SELF-DISTURBING FEELINGS: _____

REPLACE SELF-DISTURBING THINKING: _____

REPLACE SELF-DISTURBING FEELINGS: _____

3. QUESTION YOURSELF TO IMPROVE MOTIVATION.

RECOGNIZE THINKING: _____

RECOGNIZE RESULTING FEELINGS: _____

REMOVE SELF-DISOURAGING THINKING: _____

REMOVE SELF-DISOURAGING FEELINGS: _____

REPLACE SELF-DISOURAGING THINKING: _____

REPLACE SELF-DISOURAGING FEELINGS: _____

4. QUESTION YOURSELF TO IMPROVE IDENTITY.

RECOGNIZE THINKING: _____

RECOGNIZE RESULTING FEELINGS: _____

REMOVE SELF-DAMNING THINKING: _____

REMOVE SELF-DAMNING FEELINGS: _____

REPLACE SELF-DAMNING THINKING: _____

REPLACE SELF-DAMNING FEELINGS: _____