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-DISCOURAGING THINKING: ____________________________
REMOVE SELF-DISCOURAGING FEELINGS: ____________________________
REPLACE SELF-DISCOURAGING THINKING: ____________________________
REPLACE SELF-DISCOURAGING 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: ____________________________