

## 8 Thinking Skills for Switching Thoughts

- 1 Deconstruct:** Break down and examine in parts.
- 2 Decrease:** Stop feeding it, give it less attention.
- 3 Detach:** Remove your identity and focus from it.
- 4 Dissociate:** Remove consent & credibility from it.
- 5 Discard:** Recognize, remove, and replace it.
- 6 Dispute:** Challenge and test its use & results.
- 7 Distance:** Gain perspective away from it.
- 8 Divorce:** Remove your emotions from all of it.

For more information, please read *Stiffer*.