

SELF-DISTURBING: FOCUS LOST

Does this thinking cause me emotional pain? Does the emotional pain help or hinder me? Do I perform better or worse with such ego pain? Does the pain only distract me from problem-solving, coping, or enjoying?

SELF-DISCREDITING: CONFIDENCE LOST

Does this thinking cause me to feel insecure? Does it cause me to lose confidence in my self or abilities? Do I feel unsure of myself? Do I lose faith in myself? Do I doubt my self, abilities, and talents? Do I feel stupid, worthless, defective, outcast, or somehow inferior?

SELF-DISCOURAGING: MOTIVATION LOST

Does this thinking motivate me or discourage me? Does it help me want to do more or to feel like quitting? Is it supportive or failure focused? Does it inspire, excite, or encourage? Does it empower me with hope? Is it uplifting? Does it provide drive and energy to achieve?

SELF-DISAPPOINTING: GOALS LOST

Does this thinking cause me to lose my direction? Do I lose my sense of purpose? Do I lose my goals and guides? Have I lost my way? Do I feel confused? Do I see things as too complicated? Where's my path gone?

SELF-DISABLING: MEANS LOST

Does this thinking enable me to do more or less? Does this thinking promote problem-solving or does it defeat my methods and means for answers and solutions? Do I feel disorganized, powerless, or incapable from this? Does it say it's impossible, too hard, or too complicated?