

I WILL MANAGE MY MIND AND NOT BE A VICTIM OF MY OWN MIND

THINK: (1) I **shrink** my thoughts as my big ones cause problems.
(2) I **slow** my thoughts as my fast/racing thoughts cause problems.
(3) I **stop playing back** thoughts as repeating can cause problems.
(4) I **detach** from thoughts as attached thoughts cause problems.

DECREASE THINKING: size, speed, frequency, intensity, duration, extremeness, rigidity, demands, painizing, dangerizing, blaming, damning, whining, dualistic, negativity, overcontrolling, avoiding, undercontrolling, attachment, hearting negative, owning negative.

INCREASE THINKING: accept, forgive, tolerate, quiet, empty, single, simple, flexible, compassion, peace, patience, hope, faith, charity, light, honest, assertive, risk-taking, problem-solve, cope, detach.