

## 5 PROPOSITIONS FOR EFFECTIVE COUNSELING

**PROPOSITION ONE:** Your extreme-negative thinking is the main cause of your emotional, relational, and motivational problems. Self, others, and life are NOT your main problem.

**PROPOSITION TWO:** You are responsible for your thinking and emoting because you choose what your mind dwells on and what you take to heart. You are responsible for your thinking because you are an intentional being. You are responsible because you have control over your attention and identity. You are the only gatekeeper to your mind!

**PROPOSITION THREE:** You need to force yourself to repeatedly face the negative consequences of your extreme-negative thinking until you make it NOT an option. You need to force yourself to repeatedly face the positive consequences of your mild-negative, neutral, and positive thinking until you pursue, use, and trust them more.

**PROPOSITION FOUR:** You need to look for and (1) **recognize** your extreme-negative thinking when you are acting: self-disturbing, self-defeating, self-discrediting, self-discouraging, self-disappointing, self-disabling. You then need to (2) **remove** this extreme-negative thinking by forcing yourself to see it as aversive, dangerous, and destructive. You then need to (3) **replace** your extreme-negative thinking with helpful mild-negative, helpful neutral, or some degree of helpful positive thinking. You then need to (4) **repeat** this same recognizing, removing, and replacing again and again until you have fully replaced your habit of extreme-negative thinking with your new habit of useful and effective thinking.

**PROPOSITION FIVE:** You need to think, feel, act, and motivate yourself against your extreme-negative thinking on an on-going basis. Right repetition and practice equals right result.