

REMOVE SELF-DEFEATING THINKING BY SEEING IT AS DANGEROUS

TEST PRICE: (1) What is my cost for thinking that way? (2) Who do I sacrifice and is it worth it? (3) Does it discourage me? (4) Does it bring out my best or worst? (5) Does it promote: worrying, whining, blaming, attaching, demanding, damning, procrastination?

TEST PRODUCE: (1) How does my thinking make me feel: positive or negative? (2) How does it get me to act: accepting or punishing? (3) Does it help me to problem-solve or cope? (4) Does it make it worse and cause more problems and conflicts or does it help?

TEST PROTECT: (1) Does it excuse: escape, avoid, revenge, drama, power, control, manipulate, emotional blackmail, sympathy, get rescued, laziness, pride, demanding, quit, sell out, false identities?

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