

REMOVE SELF-DISTURBING THINKING BY SEEING IT AS NONSENSE

TEST MOTIVATION: (1) Does my thinking inspire me to charity? (2) Does my thinking promote peace? (3) Does my thinking drive me to practice productive responses? (4) Does my thinking support healthy habits? (5) Does it encourage processing data or looping?

TEST FUNCTION: (1) How does my thinking make me feel? (2) How does my thinking get me to act—accepting or punishing? (3) Does my thinking help me to problem-solve or cope? (4) Does my thinking make the problem worse and get me new problems?

TEST PREDICTION: (1) What other possibilities are probable? (2) Must things really lead to what my thinking says? (3) Do the results my thinking predicts have the most evidence and history?