REMOVE WITH PRACTICAL
Does my thinking—it makes me and them bad, it must change, I can't stand it, or it's terrible—help me to solve my problems?
No, it just keeps me stuck and focused on problems and negatives.

REMOVE WITH FACTUAL
Where is the proof—it makes me or them bad, it must change, I can't stand it, it's terrible? Nowhere. There's only evidence—we did bad, I would prefer change, I do stand it, and it's annoying.

REMOVE WITH LOGICAL
Does it follow—that if we did bad that we are bad, that if I want it different that it must be different, that if I don't like it I can't stand it, that if it's annoying that it's terrible? No, that's nonsense.