

**REMOVE HURTFUL THINKING WITH PRACTICAL, FACTUAL, LOGICAL**

**PRACTICAL TESTS:** (1) Does my believing that I am what I know or do help me to problem-solve or cope with this? (2) Does my thinking it could or does hurt me help me to problem-solve/cope? (3) Does my trying to overcontrol/undercontrol it help or hinder?

**FACTUAL TESTS:** (1) Where is the proof that I am what I know or do? (2) Where is the evidence this situation must pose a risk for my self? (3) What proof is there that I must control this or else?

**LOGICAL TESTS:** (1) Does it follow when I know or do that I become knowing or doing? (2) Does it make sense that things outside can get inside control my mind and hurt me? (3) Does it follow that I must control or avoid it to keep from hurting myself?

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