**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?