

REMOVE: 6 Ps Turn it into SDS by Questioning it

SELF-DISTURBING: You want to turn your self-disturbing and self-defeating thinking into being NOT an option. Why? Because whatever is an option, you do at some point. The way to turn something into NOT being an option is to learn to view it as SDS: stupid, dangerous, shit. You can turn something into SDS by questioning it with the 6 Ps. Since it is very hard for humans to learn anything emotionally due to their being emotionally retarded, you will have to repeat the process of seeing it (the self-defeating or self-disturbing thinking) as SDS many times. While intellectual insight is easy for humans, emotional insight is difficult. The self-defeating and self-disturbing thinking includes all the thoughts that support it: rationalizations, excuses, false comparisons, defenses, procrastinations, distractions, red herrings, denial, projection, false needs, etc.

I WILL PERSISTENTLY CHALLENGE AND TEST MY THINKING WITH THE 6 PS

1. What does my thinking that way promote?

Does this thinking inspire charity? Does this thinking drive me to practice productive responses? Does it motivate me to do good or bad? Does it support healthy habits? Does it encourage processing or looping? Does it promote peace? Is it against acceptance? Does it want me to be stuck in the past or future? Is it about forgiveness or punishment? Is it about negotiation or winning at all costs? Is it for sharing or owning? Is it for caring or being right at any costs?

2. What does my thinking that way pressure?

Does it push me to overreact, underreact, avoid, escape, withdrawal, punish, persecute, or some other form of maladaptive behavior? Is it pushing for revenge? Does it pressure me to rely on the negative? Does it push for conflict? Is its stress productive or counterproductive? Is it anti-coping? Is it anti-problem-solving? Does it make me act hyper or compulsive? Does it make me act demanding, smothering, and-or controlling? Does it push for relief through acting-out?

3. What does my thinking that way produce?

How does thinking this way make me feel? What does thinking this way get me to want? How does thinking this way get me to act? Does it help me to problem-solve or cope? Does it make the problem worse and get me more problems? Does it double my trouble? What are the actual results for me from thinking this way? What is the fruit of this way of thinking? Is it beneficial or harmful? Does it hurt or help? Does it hinder or help? Would I want my children or loved ones to think this way? Why not? Is it productive or counterproductive for my real goals?

4. What does my thinking that way predict?

What possibilities does this thinking ignore? Must things really go the way it insists they will? Do the results my thinking predicts have the most evidence and-or history? Does it make logical sense to believe it or does it demand blind belief? Is it open to testing and verification? What happens when I test its predictions—do they regularly fail? Have I ever kept track of its predictions to see if they are just scaring me or are accurate? Would I rely on such predictions regarding the health of my family or would I be suspicious and skeptical of them?

5. What does my thinking that way protect?

Am I using this thinking to cover up my real intentions? Am I using this thinking to rationalize behaviors that are NOT good for me? Am I using this thinking to avoid facing my problems? Am I using this thinking to protect my hidden desire for: revenge, drama, power, control, emotional blackmail, sympathy, getting rescued, laziness, pride, demandingness, or some other payoff? Is it defending what is NOT good for me or others? Is it protecting some addictive response of mine? Am I allowing it to keep alive the worst in me? Does it help me be true to myself?

6. What is the price of my thinking that way?

What am I sacrificing to think that way? What am I sacrificing to follow that thinking? What is my cost for thinking that way? Who do I sacrifice by thinking that way and is it worth it? Does thinking that way discourage me? Does it bring out my best or worst? Does it promote: worrying, whining, blaming, attaching, demanding, damning, procrastination, quitting, selling out?