THREE Rs EXPANDED: Six Steps to Sanity

SIX STEPS: recognize, admit, remove, negate, replace, practice.

RECOGNIZE
1) I recognize my WWBADD self-disturbing thinking by looking for it whenever I am disturbed.
2) I admit I am choosing to disturb myself with my WWBADD self-defeating thinking: worrying, whining, blaming, attaching, demanding, damning.

REMOVE
3) I remove my self-disturbing thinking by testing it with the 3 Ps: What is the Price of my thinking this way? Does my thinking this way Produce helpful or hurtful responses? What negative attitudes or habits does my thinking this way Protect?
4) I negate my self-defeating thinking by adopting a negative attitude towards it as SDG (stupid, dangerous, garbage) making it NOT an option.

REPLACE
5) I replace my WWBADD self-disturbing thinking with problem-solving, coping, and counters. Helpful counters include: concern, acceptance, forgiveness, detachment, preferring, understanding, universality.
6) I persistently practice my improved attitudes and counters until: (1) they become my new habits; (2) they are strong enough to overcome my urges to backslide into my old self-defeating habits of WWBADD thinking; (3) they are easy and natural.