

# 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.