

SIX STEPS TO SANITY: Worksheet for My Practicing the Expanded 3 Rs

1. I Recognize I am disturbed so I look inside for my WWBADD self-disturbing thinking.

WORRYING: _____

WHINING: _____

BLAMING: _____

ATTACHING: _____

DEMANDING: _____

DAMNING: _____

2. I Recognize & Admit: (a) I'm choosing to disturb myself with this thinking; (b) this thinking is more disturbing to me than what it is about; (c) my experiences and others are NOT causing me to think this way—only I am; (d) I can choose to think differently to feel and act differently.

3a. Let me Remove this thinking by seeing the high **Price** I pay for thinking this way.

PERSONAL COSTS: depression, anxiety, shame, guilt, irritability, anger, unproductive conflicts, rude, passive, passive-aggressive, sabotage, dependence, repress, ego pain, hurt, pride, vengeful, persecuting, threatening, gossiping, overreacting, underreacting: _____.

RELATIONSHIP COSTS: integrity with myself, intimacy with spouse, communication with children, closeness with friends, faith in God, trust in society, harmony at work or school, peace with all.

MOTIVATIONAL COSTS: discouraged, demotivated, demoralized, disheartened, unenthusiastic, dispirited, laziness, avoidance, escapism, consumerism, emptiness, apathy, stimulation seeking.

DOES IT BRING OUT MY BEST: creativity, spontaneity, freedom, peace, love, charity, hope, support, positivism, encouragement, help, agreeableness, friendliness, giving back, giving direction.

DOES IT BRING OUT MY WORST: weakness, laziness, negativity, procrastination, low frustration tolerance, quitting, failure scripts, scolding, punishing, hurting, jealousy, revenge, cheating.

DOES IT PROMOTE MORE WWBADD THINKING: worrying, whining, blaming, attaching, demanding, and damning about more things now and more things in the future and past.

3b. Let me Remove this thinking by seeing the garbage it actually **Produces** in my life.

CAUSED FEELINGS: cheerful, annoyed, sad, encouraged, compassionate, forgiving, damning, vengeful, spiteful, depressed, anxious, irritable, jealous: _____.

CAUSED RESPONSES: accepting, encouraging, supportive, motivating, punishing, damning, discouraging, hurtful, mean: _____.

CAUSED SOLUTIONS: problem-solving, fixing it, researching solutions, practicing solutions, evaluating success of solutions, refining/redoing/rechoosing solutions as needed.

CAUSED COPING: accept it, let it go, let it be, let it pass, totally accept it, let it be wrong, surrender, give it to God, make peace with it, pray for enemies to be under God, turn it over to God.

CAUSED PROBLEMS: makes current problems worse, gets new problems, gets future problems.

3c. Let me Remove this thinking by seeing the garbage it actually **Protects** in me.

PROTECT MY WORST OR BEST: escape, avoid, revenge, drama, power, control, sabotage, conflict, gossip, blame, punish, threaten, manipulate, emotional blackmail, sympathy, pride, rescued, laziness, demanding, quit, act-out, sell-out, false identities, politic, sentimentalism, idolatry, lust.

4. I Remove this thinking by **Negating** it. I stop my self-defeating thinking by adopting a negative attitude towards it as SDG (stupid, dangerous, garbage) making it NOT an option.

WRITE IT: _____

5. I Replace my WWBADD self-disturbing thinking with problem-solving, coping, and counters. I replace worrying with concern, whining with acceptance, blaming with forgiveness, attaching with detachment, demanding with preferring, damning with understanding. I practice universality, charity, tolerance, forgiveness, understanding, compassion, and acceptance.

WRITE IT: _____

6. I Replace this thinking by persistently **Practicing** my improved attitudes and counters until:

(a) new habits: _____

(b) strong enough: _____

(c) easy and natural: _____