

THINK !

Ask yourself if your thought is:

T rue?

Is this thought FACT or opinion?

What IS absolutely true about this situation?



Helpful?

Is this thought helpful to me?

What WOULD be helpful to think right now?

Inspiring or Important?

Does this thought inspire me, or is it very important, right now?

What IS really important to think or do right now?

Necessary?

Do I really need to believe and act on this thought?
Immediately? Later? Never?

What IS necessary to do right now?

Kind?

Is this thought kind to me or others?

What WOULD be a kind thought, right now?

If you answer NO to any of these **THINK** questions, you can:

- Safely dismiss the thought
- React to the thought using the more reasonable (blue/italics) thoughts.

Then choose your new focus of attention.