



HOW TO IDENTIFY & CORRECT THINKING ERRORS

If you catch yourself with an elevated pulse, or a constricted chest, it's likely you are having a negative thought and I can almost guarantee that negative thought has an error in it. For that reason, it's critical that you do a forensic analysis of your thinking to identify and weed out your negative thoughts, and then balance the thought with a positive statement to counteract it.

The way you do that is as follows:

1. Identify the situation you're in:

2. Identify your mood:

3. Identify the intensity of your mood on a scale of 1-10 with 10 being the most intense your mood has ever been:

4. Identify your negative thought:

5. Identify the error type:

6. Balance the negative thought:

