THINK!

Ask yourself if your thought is:

**True?**

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.