

# 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.

