

Changing Thoughts & Feelings



EXAMPLES:

- 1a) I must control my feeling if I'm going to be strong.
- 1b) It is ok to feel my feelings. Controlling my feelings does not make me strong.

- 2a) I am afraid of some of my feelings.
- 2b) I am not afraid of my feelings.

- 3a) Negative thoughts will keep me strong and in control.
- 3b) Negative thoughts will not keep me in control they will keep me in a negative thought pattern that will keep me from doing well in my life.

- 4a) If I can't suppress or get rid of a negative emotional reaction, it's a sign of personal failure or weakness.
- 4b) The need to control or get rid of a negative emotional reaction is a problem in itself.

- 5a) People who are in control of their lives can generally control how they feel.
- 5b) People who are in control of their lives do not need to control their feelings.

- 6a) In order to do well in life I need to keep my feelings out of my life?
- 6b) Trying to avoid my feelings is very unhealthy practice. It's ok to talk about my feelings.

- 7a) I try to suppress thoughts and feelings that I don't like by just not thinking about them.
- 7b) I don't suppress my thoughts and feelings I let them come and go.