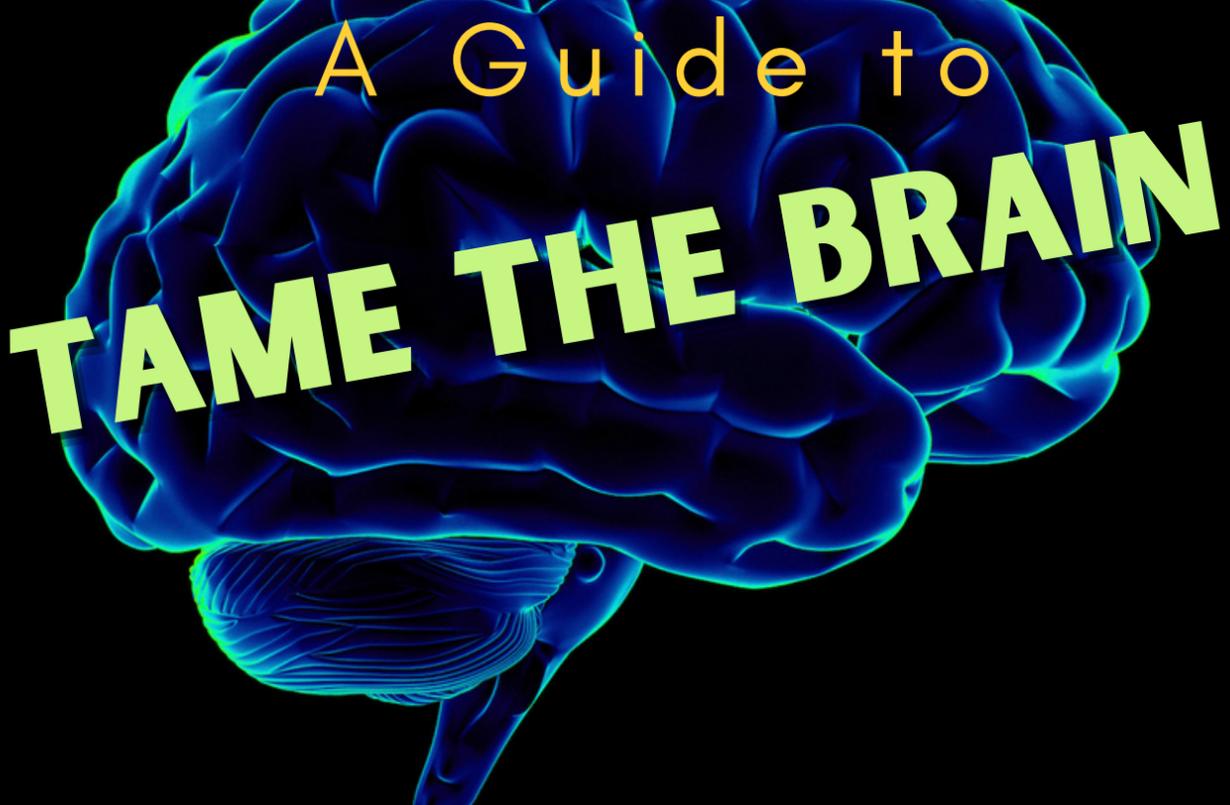


STINKIN' THINKIN'?

A Guide to TAME THE BRAIN



I have always valued honesty and strived to be truthful in all that I do and say. Ugh. A few years ago I realized that while I was truthful to others.... The thoughts I told myself weren't true.

Examples of Stinking Thinking

- Her kids are sitting perfectly. Mine are bouncing off the walls. I am a bad mom.
- Everyone else is perfect. I do not fit in.
- I will always be alone.
- Ugh, I'm such a fat pig. My life would be so much better if I weighed 50 pounds less.
- Why even bother putting out resumes. No one is going to hire me.
- I don't want to go the party tonight. No one will talk to me anyway.

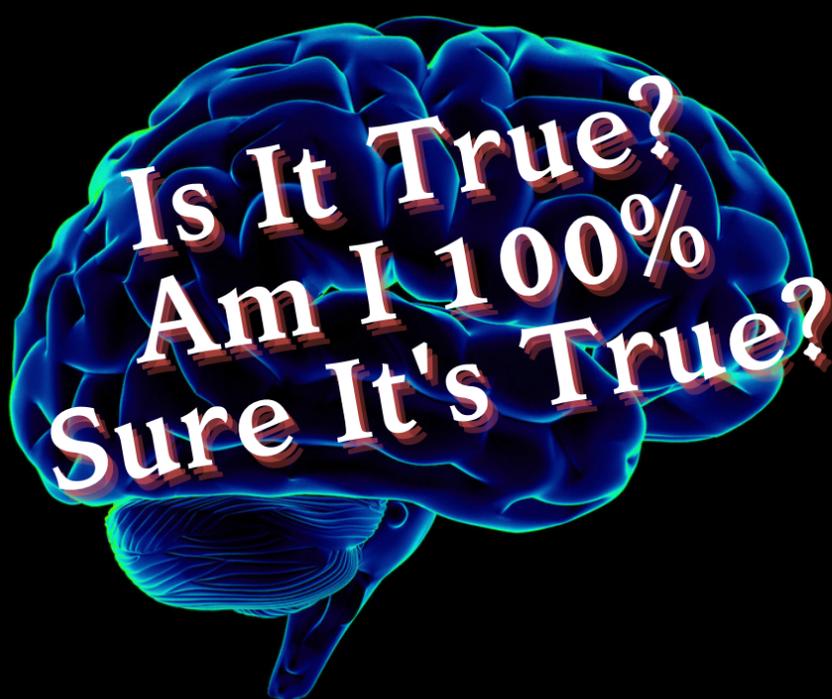
Thoughts release powerful chemicals into our brain. Every time we think a negative thought it releases chemicals into our brain and makes us feel lousy. When I was younger I didn't question my thoughts. I would think a thought and then I would feel awful. The truth is that many times our thoughts are not true. We can call these our "annoying nonsense thoughts" or "ANT's".

It is time to be truthful, not only to others but more importantly to ourselves.

How can we change our ANT's (Annoying Nonsense Thoughts) into HAWK's (Happy Awesome Wonderful Knowledge)?

With truth.

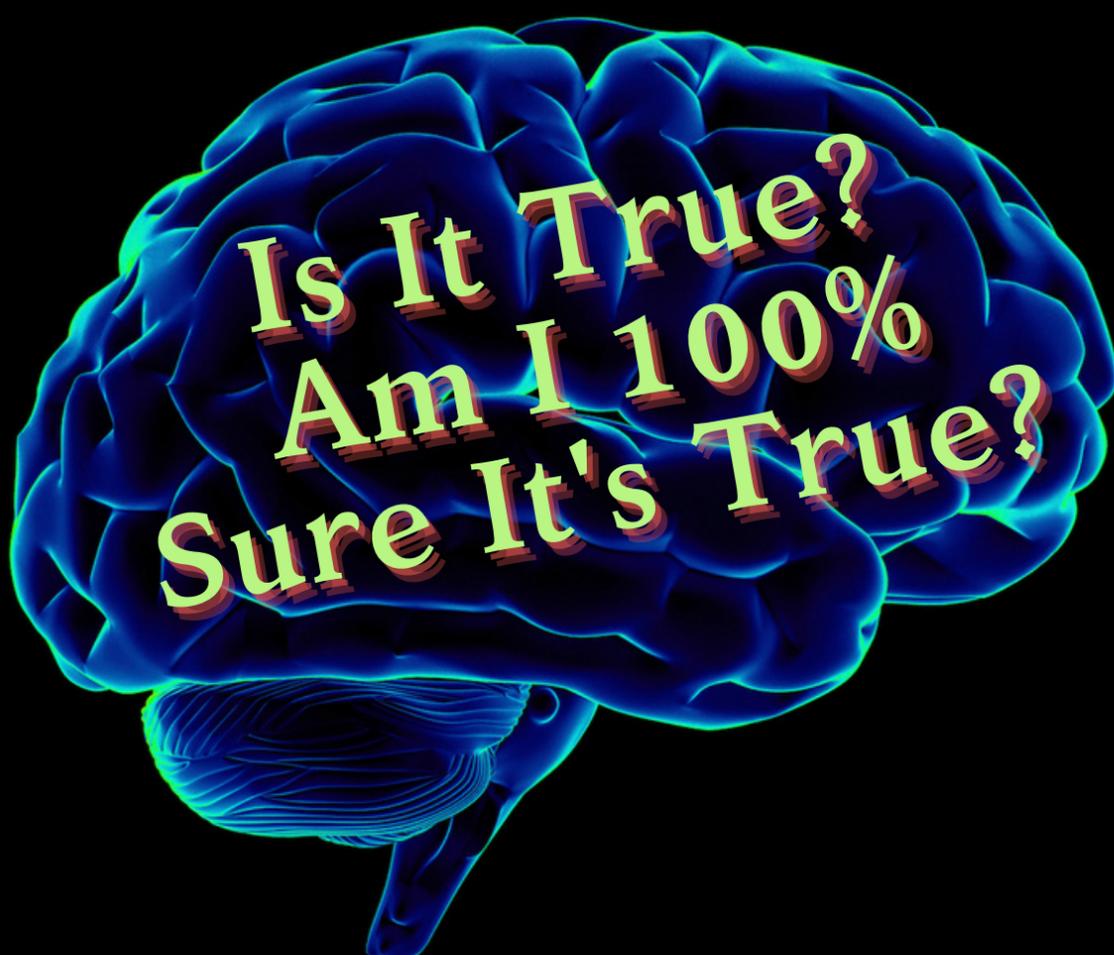
The first thing to do is to become aware of your thoughts. Notice them. And then ask yourself this question:



This is the quick version of cognitive therapy (noticing and rethinking our thoughts) and then reframing our thought to something more truthful. Cognitive Therapy has years of research backing up it's proven effectiveness in the fight against depression, anxiety, addiction and most emotional struggles.

A more elaborate way to challenge our thinking is to go through the checklist on page 3 and look for the way our thoughts fit into common distortions.

1. Notice Your Thoughts
2. Go Through the Checklist and Look for the Cognitive Distortions.
3. Reframe Your Thoughts into Something More Truthful.

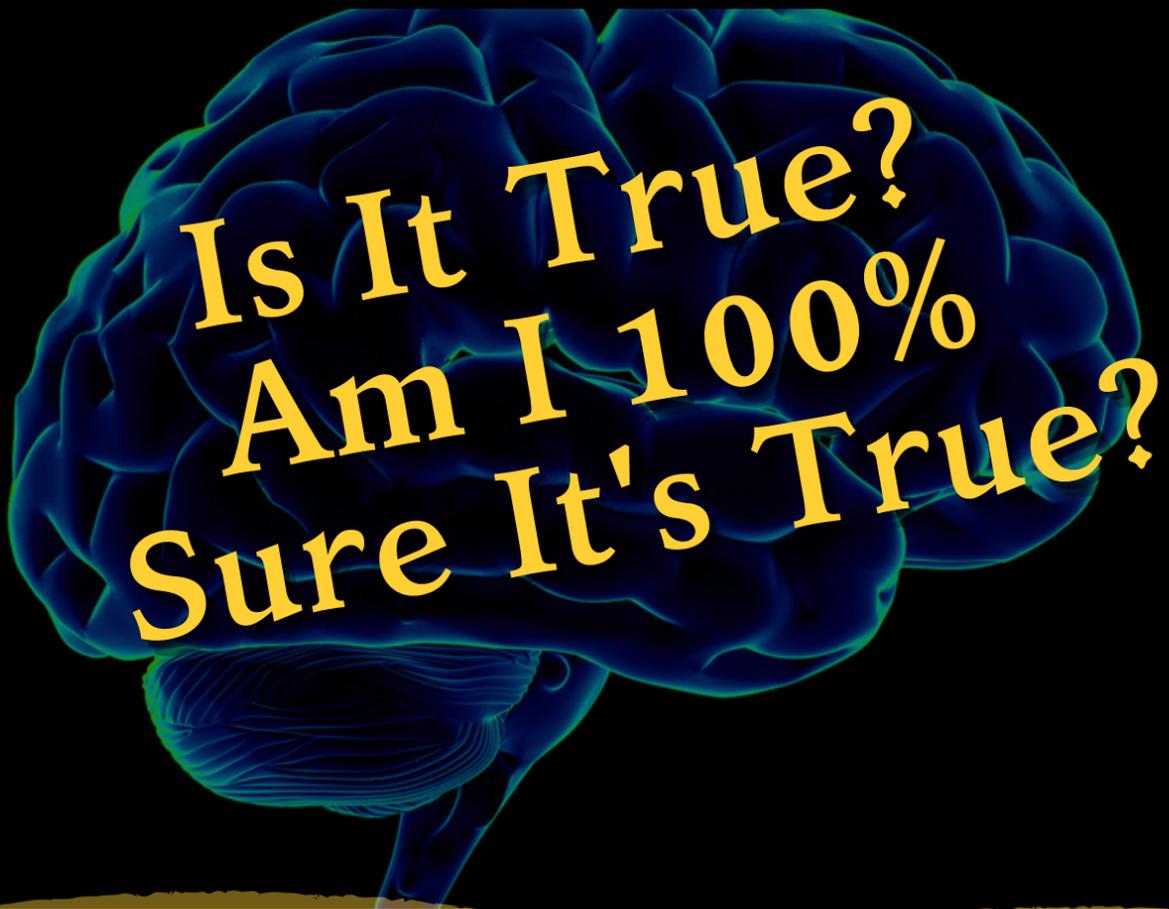


Checklist of Cognitive Distortions *

1. **All-or-nothing thinking:** You look at things in absolute, black-and-white categories.
2. **Over generalization:** You view a negative event as a never-ending pattern of defeat.
3. **Mental filter:** You dwell on the negatives.
4. **Discounting the positives:** You insist that your accomplishments or positive qualities don't count.
5. **Jumping to conclusions:**
 - (A) **Mind-reading**-- you assume that people are reacting negatively to you when there's no definite evidence;
 - (B) **Fortune Telling**-- you arbitrarily predict that things will turn out badly.
6. **Magnification or minimization:** You blow things way out of proportion or you shrink their importance.
7. **Emotional reasoning:** You reason from how you feel: "I feel like an idiot, so I really must be one."
8. **"Should statements":** You criticize yourself (or other people) with "shoulds," "oughts," "musts," and "have tos."
9. **Labeling:** Instead of saying "I made a mistake," you tell yourself, "I'm a jerk," or "a fool," or a "loser."
10. **Personalization and blame:** You blame yourself for something you weren't entirely responsible for, or you blame other people and deny your role in the problem.

IS IT TRUE





INSTEAD OF:

TRY THIS:

Think Positive

Think Truthful

In brain science we learn that our thoughts can change the chemicals in our brain and make us feel bad or good. There are real physical changes.

Being 'mindful' of our thoughts are important. We need to look at our thoughts and question them and ask ourselves if they are true.

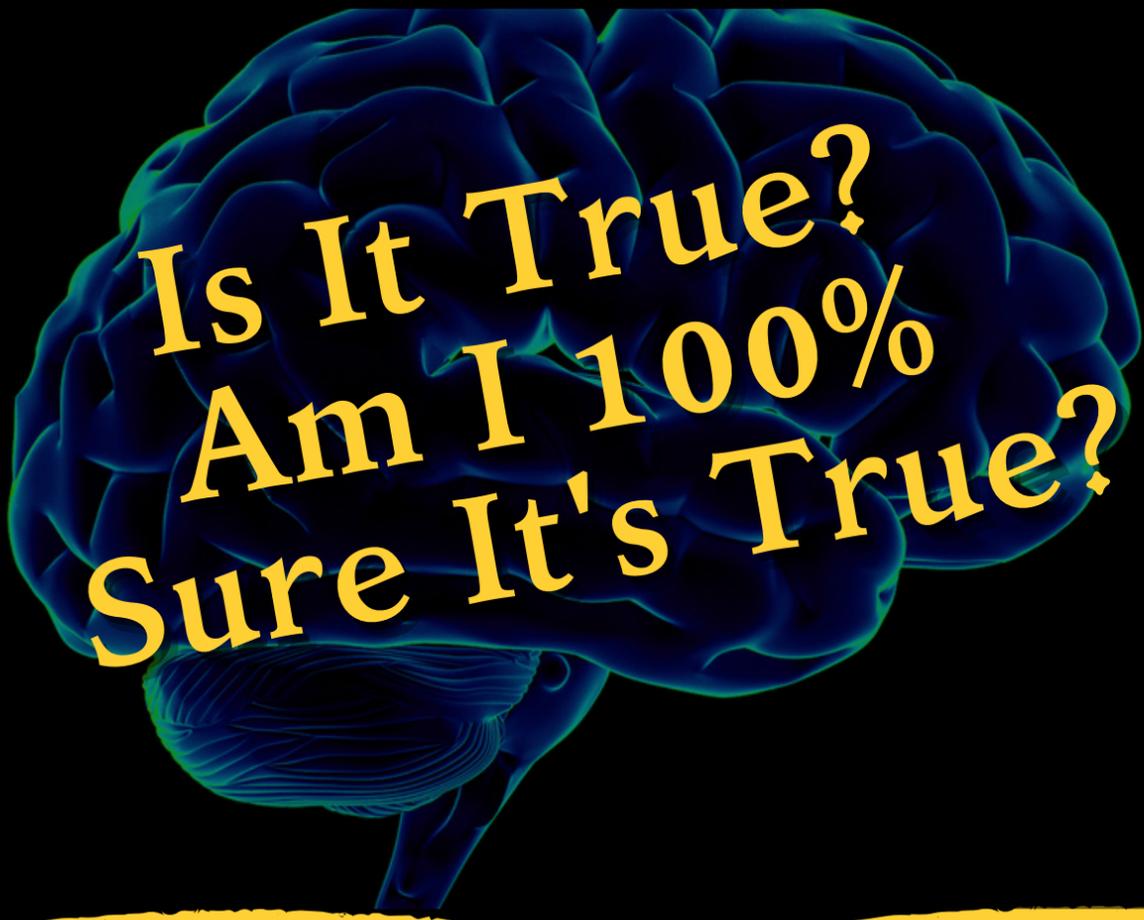


I'm Not Really Saying 'THINK POSITIVE'!
I'm More Suggesting "THINK REALISTICALLY".

Our brains don't generally buy into "think positive" but if we tell ourselves to "think realistically" we can get to the truth quicker and from there, change our mood.

The trick is to learn how to change our
'ANT's (Annoying Nonsense Thoughts)
into
HAWK's (Happy Awesome Wonderful Knowledge)

**DON'T BELIEVE
EVERYTHING YOU THINK**



INSTEAD OF:

TRY THIS:

"Her kids are sitting perfectly. Mine are bouncing off the walls. I am a bad mom."



My kids just struggle with sitting still, that doesn't mean I am a bad mom. I try hard.

"Everyone else is perfect. I do not fit in."



Everyone has issues—I just don't know what they are. Yes, there may be a certain culture that I have a hard time fitting into, but that's why this area needs my unique voice even more.

"I will always be alone."



I'm not a fortune teller. I feel lonely but the important thing is to make each day meaningful whether I am alone or with someone.

"Ugh, I'm such a fat pig. My life would be so much better if I weighed 50 pounds less.."



I may be healthier if I was 50 pounds less, but in the meanwhile, I can try and enjoy my life to the fullest. I have a healthy body.

"Why even bother putting out resumes. No one is going to hire me."



Chances are that if I put out enough resumes, I will eventually get hired. It may take me awhile but if I don't try, then the possibility of getting a job is even less.