

Here's how it works:

1. You ask yourself: What is Happening? (describe a situation that is bothering you).
(i.e., I just started dating again and met someone who seems great).

2. You ask yourself: What is "The Story" I am telling myself about "What is Happening" in this situation? (#1 above)
(i.e., It won't last, even if it looks good, I'll discover he's a liar like in the past, I can't communicate my needs, I don't know what I'm doing, I'll be alone forever, There's something wrong with me." (Remember, this story is a LIE).

3. Ask yourself: How does it make you feel when you tell yourself the story in #2 above?
(i.e., alone, anxious, scared, isolated, unexpressed, stuck).

4. Replace "The Story" in #2 above with something rational, healthy and reality-based.
(i.e., There is nothing wrong with me! I am smart, loving, deserving, capable and clear. I deserve true love. I attracted wrong people in the past because of my childhood and lack of modeling. I attracted what I felt I deserved and it wasn't my fault. Today I DO know who I am. I am ready, have a clear vision, tools and support and I will be visible and expressed in my dating and really see the person and allow myself to be seen. I know who I am and I deserve love. I express my needs and desires and see if the person responds. I know good things are happening for me.)



5. Ask yourself: How do I feel, now that I've replaced "The Story" with something healthy and reality based?

(i.e., I feel alive, excited, empowered and ready to find my person!)

Challenge Your Thinking

The steps to go from being upset or out of control to peaceful and balanced.

- 01** What is happening that is making me upset?
- 02** What am I making "what's happening" (#1) mean? What's "the story"?
- 03** How am I feeling as a result of the story I'm telling myself (#2)?
- 04** Challenge the story (#2) with reality-based thinking.
- 05** How do I feel now that I've replaced "the story" with reality?



Let's Write

Think of a situation that is upsetting, causing you to feel anxious or a persistent complaint and use this guide to get to a healthy thinking and peaceful frame of mind. Go step by step and see if you can discover the story you're telling yourself and replace it with something reality-based.

Whenever you find yourself in negative thought patterns and need to challenge your thinking, at first write it down. This will build the muscle until it happens automatically!

NOW THAT YOU'VE LEARNED HOW TO DO THIS, Share a Challenge Your Thinking win on the **Facebook forum** and what you discovered by doing it. Challenge Your Thinking (a.k.a. CTY) is an exercise you will bring into your life to choose to thrive!

Remember that suffering is optional. Go with the flow of life!

Choose you! Choose a healthy mindset!

