



## Challenge Your Thinking

### *Pocket guide*

#### INSTRUCTIONS:

Cut out the pocket guide below and fold along the dotted line. Carry this with you and use it any time to go from being upset to feeling balanced.

#### **Challenge your thinking**

#### *Pocket guide*

Use these questions to guide yourself from being upset to feeling balanced.

- 1** What is happening that is making you upset?
- 2** What "story" are you telling yourself about the thing that is making you upset?

- 3** How are you feeling as a result of what you are telling yourself?
- 4** Challenge what you are telling yourself with something rational and powerful!
- 5** How do you feel now that you've replaced irrational thoughts with rational ones?

MEET to  
**MARRY**<sup>tm</sup>

Be the ONE to Find the ONE

