



MEET to  
**MARRY**<sup>tm</sup>  
Be the ONE to Find the ONE



## Challenge Your Thinking

*Pocket guide*

### INSTRUCTIONS:

Cut out the pocket guide below and carry it 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?

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- 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?

