



## Challenge Your Thinking

### SUFFER NO MORE!

Take charge of your thoughts and future by learning how to challenge unhealthy thinking and create a healthier, balanced and peaceful state of mind.

We suffer NOT because of "what happened" but rather the MEANING we add to "what happened."

### Challenge Your Thinking Case Study:

Ryan was thinking about how Melissa hadn't returned his call after their recent date. At first, he kept thinking about how she hadn't called and thought there must be something wrong with him. He was feeling insecure, obsessive and nervous and was constantly checking his voicemail and email. So as you can see he was letting himself get caught up in negativity and doubt. But then he challenged his thinking to interrupt this painful thought pattern and replaced it with a more realistic and empowering perspective. He allowed himself to recognize that he is a smart, generous, warm and funny guy and that it is totally okay that Melissa didn't call him back. He realizes that maybe she's just busy or that they are just not a match. Now, instead of stressed out and insecure, he feels positive and enthusiastic.

## How to Challenge Your Thinking

Use these questions whenever you experience negative or upsetting situations, thoughts, or feelings. Right now, I'm guiding you through the process of challenging your thinking about past relationship experiences.

**1** **What is happening?** Describe an upsetting, annoying, or persistent complaint. (Could be about dating or something else.)

**Example:** The people I attract talk only about themselves! They don't ask questions about me.

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**2** What story are you telling yourself about What's Happening in #1 above?

**Example:** I am telling myself that I am not going to find the one. That I will be alone forever. That I don't know what I'm doing or how to find good matches, that I'm not interesting or good enough (or they would ask and be interested in me). Something must be wrong with me. (hint: your old disempowering story).

**3** How are you feeling as a result of what you are telling yourself in #2 above?

Write down your emotions.

**Example:** I feel depressed, lonely, hopeless, frustrated, despondent and turned off to dating

**4** Challenge your answer to #2 above, (the lie) by replacing it with something rational, reality-based and empowering. Think clearly and powerfully and free yourself of stories to live an empowered life!

**Example:** It's not about me. If a person is self-absorbed, not asking questions, and talking only about themselves, I am not going to waste my time with them. I am lovable, smart and I have a very clear vision about how I want to feel in a relationship and will pursue matches that make sense. Someone else's behavior is not about me.



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How do you feel now that you've replaced irrational thoughts (a story) with healthy rational ones?

**Example:** I feel hopeful and balanced. I realize that I can choose who to date and who to allow into my world. I will continue to develop myself and my healthy thinking. I make empowering choices for myself and my life. I am free!



**Healthy Mantras:**  
**Go with the flow of life!**  
**How will you know, it will flow!**  
**Healthy love is your birthright!**  
**Don't blow in the wind, be the wind.**

