



12 EMPOWERING THOUGHT PROCESSING SKILLS

Healthy emotional development depends heavily on our ability to apply the mind's most empowering skills. Be sure to familiarize yourself with the valuable group of empowering skills listed below, and take time to assess how readily you apply them. Identifying these particular mind functions in action will help you to better understand their value and assist your mind in accessing them more frequently.

SELF-MONITORING

1

Attentively focusing on the quality of our thinking and behavior to assess unhealthy habits.

SELF-HONESTY

2

Questioning whether we are lying, justifying, excusing, denying, manipulating, or exaggerating.

PAUSING

3

Stopping to review what we are thinking or doing, as well as to consider other important tasks.

COORDINATION

4

Orchestrating the mind in an effort to improve how we organize our thoughts and behavior.

ENDURANCE

5

Applying effort to improve our patience and tolerance of stress.

THOROUGHNESS

6

Gathering enough information to appropriately identify important factors.

LOGICAL REASONING

7

Improving behavior by questioning and analyzing our concerns and choices.

ANTICIPATION

8

Preparing beforehand to improve our thoughts, words, and actions.

DETERMINATION

9

Motivating ourselves responsibly to achieve endeavors and goals.

MEANINGFUL CONCERN

10

Treating ourselves, other people, and other things with due care and respect.

ASSOCIATION SENSORY CUES

11

Recalling by connecting ideas, feelings, sensations, or visual reminders.

REFLECTION

12

Maximizing recall by reviewing or repeating information.