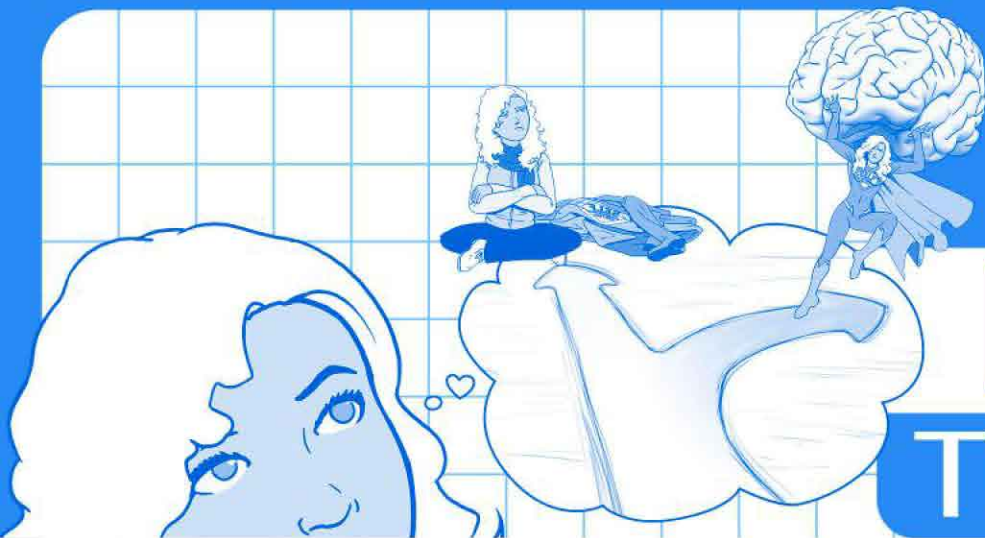




HELPFUL WAYS TO REDIRECT THINKING

Unhealthy thinking happens when we let the mind roam or dwell, too naturally, instead of managing our thoughts more carefully. When we do so, the human mind is susceptible to accepting unhealthy thoughts and self-talk. Such inappropriate thinking adversely affects our attitude, our self-esteem, and our ability to cope.

Unfortunately, we are especially prone to unhealthy thinking when we are stressed or depressed, which can easily make things worse. Thus, when we let our minds think whatever we want without concern, our overall emotional and physical well-being are jeopardized.

If you have read this Lesson and earlier ones in EII's program, you are already aware that to improve your EQ, you must learn to question your thinking and recognize thoughts that need to be redirected. You will also notice that some of the questions and comments here are also in Lesson 4A's *Motivational and Stress Reducing Self-Talk* supplement.

This particular lesson supplement provides more explicit direction and tools that can improve your ability to redirect your thinking. To get better results from this supplement, please study the other supplements in this lesson first. For best results, be sure to also read through and study all previous lessons and activities, if you have not already done so.

Learning to take command of our thinking and to make intelligent adjustments may not be an easy task, but with adequate direction, time, and conscious effort, we can learn to manage our thoughts more effectively.

The purpose of this supplement is to assist students in understanding *HOW TO* redirect thoughts. To get the best results, consider memorizing the **CONTENT** titles first. Then select and memorize a few of the comments, questions, and distractions listed, each week. Memorization is necessary to be able to access such healthy alternatives in future situations. Also, consider searching the Internet for additional ways to redirect unhealthy thinking.

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ACKNOWLEDGE THE CHALLENGE

- ☐ 1. This is hard!
- ☐ 2. This is putting my mind to a test!
- ☐ 3. This is something I need to learn to control!
- ☐ 4. Change is too new for me to take any chances!
- ☐ 5. It would be wrong to allow this to consume me!
- ☐ 6. This is just another problem in life that I must overcome.
- ☐ 7. Strong anxious sensations can cause me a lot of trouble!
- ☐ 8. To allow this kind of thinking would perpetuate a bad habit!
- ☐ 9. I know that I'm going to have to apply more effort than I want to!
- ☐ 10. My emotions are on fire, but my head knows this must be controlled!
- ☐ 11. Most anything important cannot be accomplished with minimal effort.
- ☐ 12. There must be a way to stop this kind of thinking and I'm going to find it!
- ☐ 13. I must learn to control this kind of thinking or it is going to get out of hand!
- ☐ 14. Don't do it! If I accept this wrong choice, I know I will make an ill-habit stronger!
- ☐ 15. I must apply more effort than I want, if I am going to reduce such unhealthy thoughts.
- ☐ 16. I know that I can't just think like it's a free-for-all and accept whatever comes to mind!



QUESTION YOUR THINKING

- ☐ 1. Why do I continue to think about this?
- ☐ 2. Is this worth thinking about right now?
- ☐ 3. What else do I need to be thinking about?
- ☐ 4. What could have sparked these thoughts?
- ☐ 5. How long will it take me to redirect my thinking?
- ☐ 6. What else could I do that would divert my attention?
- ☐ 7. How low will my EQ go, if I can't redirect my thinking?
- ☐ 8. Is this thought intelligent or a more natural inclination?
- ☐ 9. Is a higher level of intelligence required to redirect my thinking?
- ☐ 10. Can I expect these thoughts to stop on their own, without effort?
- ☐ 11. How will I reduce this bad habit, if I don't start to redirect my thinking?
- ☐ 12. I know better than to just continue this kind of thinking, so why am I doing it?
- ☐ 13. Could I at least try to calm my mind and think about something more pleasant?
- ☐ 14. Do I think my mind doesn't get bothered unless it is valid or legitimate concern?
- ☐ 15. Do I think that inappropriate thoughts won't lead me toward other behavioral problems?



CALM YOUR MIND

- ☐ 1. Let it go!
- ☐ 2. Be reasonable!
- ☐ 3. Stop! Stop! Stop!
- ☐ 4. Calm my urges! Calm my urges!
- ☐ 5. Calm down! Consider my next move.
- ☐ 6. Calm down! I just need to wait this out.
- ☐ 7. I don't need to think about that right now!
- ☐ 8. It's not time to get so upset or to panic yet.
- ☐ 9. I'm not going to let this thought consume me!
- ☐ 10. Chopping-at-the-bits is not necessarily a good sign!
- ☐ 11. I know I will get through this and feel better with time.
- ☐ 12. I must ask for relief, spiritually, to help stop inappropriate thinking.
- ☐ 13. I trust that something good is ahead or something important will be learned from this.
- ☐ 14. Letting myself think about a tragedy like this over and over again can lead me to PTSD!
- ☐ 15. I don't have enough information to draw a conclusion. I just need to be patient and wait.
- ☐ 16. Remember, potent emotions may irrationally lead to stupid, and even dangerous thoughts!
- ☐ 17. Try to keep calm—remember that practicing patience will help me maintain emotional balance.



APPLY SELF-COACHING STRATEGIES

- ☐ 1. Bear with me!
- ☐ 2. I can beat this!
- ☐ 3. I cannot think about this right now.
- ☐ 4. I don't have to satisfy those feelings!
- ☐ 5. That's enough of this kind of thinking!
- ☐ 6. I must snap out of this kind of thinking!
- ☐ 7. I must stop thinking about that right now!
- ☐ 8. I have a good head on my shoulders. Use it!
- ☐ 9. It's important for me to stop thinking about this.
- ☐ 10. This kind of thinking is not helpful or good for me.
- ☐ 11. I cannot let unhealthy thoughts like this continue!
- ☐ 12. Watch that I don't just dwell on unhealthy thoughts.
- ☐ 13. If I am not feeling any pain, I must not be really trying.
- ☐ 14. Carefully monitoring my thinking should help me improve.
- ☐ 15. With practice, I am going to find that this is easier than I think!
- ☐ 16. If I allow such ill-thinking to continue, it will undoubtedly get worse!
- ☐ 17. Watch that I don't allow myself to accept the wrong kind of thinking!
- ☐ 18. This has gone on too long without any intervention by my intelligence!
- ☐ 19. This irrational kind of thinking is a conflict-of-interest with my well-being!
- ☐ 20. I'm going to have to control this kind of thinking or it is going to get to me!



ACCEPT SENSIBLE ACTIONS TO IMPROVE THINKING

- ☐ 1. I must try a little harder.
- ☐ 2. Don't cower to wimpy habits.
- ☐ 3. I need to shut down that kind of thinking.
- ☐ 4. I must change my focus! I must change my focus!
- ☐ 5. If I cannot redirect my thinking, I must ask for help!
- ☐ 6. Redirecting my thinking is the most sensible thing to do.
- ☐ 7. I cannot just do whatever my mind dictates and get healthier!
- ☐ 8. It's time to consider the titles of this supplement's Table of Contents.
- ☐ 9. If I don't try to redirect my thoughts, I am setting myself up for problems.
- ☐ 10. Emotional growth depends on my efforts to redirect inappropriate thinking.
- ☐ 11. I know that it is important to examine my thinking, so I will start doing it now.
- ☐ 12. Accepting the discomfort involved to redirect thinking is a step in sensible direction.
- ☐ 13. It's easier to just accept this kind of thinking, but that would just make matters worse!
- ☐ 14. The scariest part about the mind is that it can justify inappropriate thinking, as long as I don't stop it!



DISTRACT YOURSELF WITH EMOTIONALLY ABSORBING ACTIVITIES

- ☐ 1. Read an interesting book out loud.
- ☐ 2. Visualize fun things you would like to do.
- ☐ 3. Do something fun by yourself or with friends.
- ☐ 4. Consider more positive or optimistic thoughts.
- ☐ 5. Think of kind things others have done for you.
- ☐ 6. Think about meaningful occasions from the past.
- ☐ 7. Consider something meaningful that you could do.
- ☐ 8. Repeat something important that you want to memorize.
- ☐ 9. Remind yourself of things that are worthy of your gratitude.
- ☐ 10. Think about something you want to improve about yourself.
- ☐ 11. List meaningful priorities and arrange in order of importance.
- ☐ 12. Think of kind things you have done for others or could do for them.
- ☐ 13. Think about what is happening in your life worth sharing with others.
- ☐ 14. Consider events to discuss in future conversations with friends and families.
- ☐ 15. Call others who could lift your spirits, or do something that could lift others' spirits.
- ☐ 16. Watch something funny or uplifting on TV or go see an uplifting movie at the theater.
- ☐ 17. Focus on memorizing some of the suggested questions and leveraging comments listed here.
- ☐ 18. Write down inappropriate thoughts, so that you can later objectively see them for what they are.

