



Conscious Thought Processing

1. Is it good for me if I think about this? Yes / No
2. Is it of benefit to me if I think about this? Yes / No
3. Can I do anything about this? Yes / No

NB: If you get a 'Yes' to the last question then if you are able to, write what you can do down. So the next time this 'thought' comes in again, you can say "I've dealt with you, there's no need for me to think about it"