

Good Thinking Vs Bad Thinking

Good Thinking	Bad Thinking
1. I am responsible for what I do and say.	1. Someone else causes me to act the way I do.
2. I accept that if I refuse to do something, there may be consequences.	2. I say, "I can't" when I don't want to do something.
3. I know that my behavior can hurt others, including their feelings	3. I don't hurt other people; they just claim their feelings are hurt.
4. I don't want to hurt others because I don't like feeling hurt.	4. I don't care how other people feel or if I hurt them. Life is a game anyway.
5. Life is not all fun and games; sometimes you have to do boring or difficult tasks.	5. I hate having to do boring tasks, or hard work, so I avoid them.
6. Everyone should play by the rules and do the things they are obligated to do.	6. I hate rules and "must-dos" and refuse or ignore them.
7. With other people, I try to be fair, to give and take so there is a balance, and I respect their property and their boundaries.	7. I watch out for myself and always try to get my own way.
8. I know that trust must be earned and takes time to grow.	8. I don't trust other people and they don't trust me.
9. Success comes from hard work, planning and learning from mistakes. I should not expect too much, too fast.	9. When I think something will happen, it will.
10. I look carefully at facts before I make a decision.	10. I make decisions quickly based on how I feel at the moment.
11. We all make mistakes and can learn from them.	11. I am proud that I never make mistakes. My point of view is the right point of view.
12. I think ahead step by step to work things out for my future.	12. I do what I want and figure that the future will take care of itself.
13. Success takes hard work and comes in stages not all at once.	13. I am good at things quickly without trying, and hate being less than #1.
14. Criticism can help me to learn. I ignore putdowns without merit, and learn from putdowns that are helpful. I want my friends to be honest with me.	14. I get really upset if someone puts me down, or things don't go my way.
15. I know and accept my fears and try to overcome them. Everyone has fears.	15. Fear is a weakness, so I am never afraid.
16. I know what triggers my anger, so now I choose when and how to express my anger so as not to hurt others. I see and accept other people's weaknesses so I am patient and tolerant of others.	16. I get angry when I don't get my way and sometimes use my anger to get my way.
17. I don't use power to control others. I earn power through good work and use it only to help people, never to hurt them.	17. I feel great when I have power and have control over other people to get my way and win. I love being "top dog".