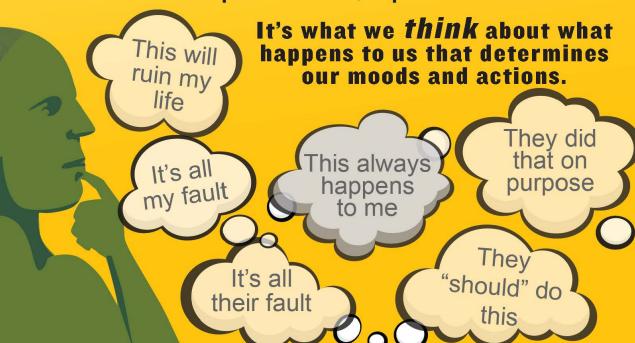


THINKING PATTERNS

Our thinking patterns are how we make sense of what happens to us—how we interpret situation, experiences or events.



Our thought patterns either help us or hurt us.

- your brain to create new thinking habits:
- Blaming yourself. Look outward—ask yourself how circumstances or others also contributed to the problem.
- Thinking bad situations will last forever. Grab control—look at what you can change and what is within your control in the current situation.
- Thinking one mistake will affect your whole life. Get specific—narrow down what specific area of your life will be affected and what specific behavior explains the situation.

