

The Rest of Health
By David and Sonya Cameron
Appendix A ~ Thought Patterns Card

Feel free to photocopy this card or tear it out of this book so that you have a copy of it handy in your wallet or purse or on your night table. Review it once a week for a month. Think of some specific examples of what's been going through your head recently, both on the faulty and healthy side of things. This will deepen your learning and cement your skills.

Faulty Thinking Patterns vs. Healthy Thinking Patterns

Stop Faulty, Damaging Thoughts and
Put Accurate, Constructive Thoughts in Their Place

Negative Filtering	vs. Consider All the Facts
Thinking in Extremes	vs. Realize the Range of Experiences
Pessimistic Predictions	vs. Trust in a Good Future
Mind Reading	vs. Double-check Your Assumptions
Imagining a Disaster	vs. Stick to the Facts
Taking Things Too Personally	vs. You're Not the Center of the Universe
Confusing Responsibility	vs. Emphasize Personal Responsibility
Stuck on Fairness	vs. Accept That Life Is Not Always Fair
Ruled By Shoulds	vs. Freedom Within Structure
Assuming Emotion is Truth	vs. Consider Emotions as Indicators
Waiting on Others to Make You Happy	vs. Let People Live Their Own Lives
Making Fast Judgments	vs. Give It Some Time and a Chance
Living in the Wrong Time Zone	vs. Focus on the Present
Compare and Despair	vs. Be Your Personal Best
Need to be Right	vs. Foster an Attitude of Learning