

Thinking It Through



Point of View:

Thinking Before:

Thinking During:

Thinking After:

Consequences (of thoughts, feelings and behaviors to others and myself):

Assumptions:

Thinking errors:

Correctives:

Consequences due to correctives:

Thinking It Through

Point of View: *Is simply “Self”*

Situation: *This is where you describe what took place, what happened, the facts, figures, who, what, when, where and how etc.. You need to be specific **without the juicy details!!***

Thinking -

- **Before:** *For all three of these bullets it is necessary that you concentrate on only writing down your “thinking” hence the name of this assignment. Many of us on our first Thinking it Throughs have a tendency to include things that should be covered in the above Situation.*
- **Thinking During:** “ “
- **Thinking After:** “ “

Consequences (of thoughts, feelings and behaviors to others and myself):

Assumptions:

Thinking errors: *read through all the ‘Thinking Errors’ and find a **minimum** of 5 that apply to this situation. **List all 5 that apply** then pick the **three** that are most pertinent/relevant. For those three type out the definition of each as they are described. **Then in detail explain how you used each one!***

Correctives: *There should be at least 3 correctives (one for each Thinking Error), one of the correctives should always be a phone call, so even though it is considered a corrective and needs to be on the list it is not counted as one of the minimum 3 correctives. A man is encouraged to involve others in his correctives as much as possible and that his correctives be **proactive**.*

Consequences due to correctives: *If I use the correctives that I wrote what will happen?*