



STEER'N YOUR RESPONSES



<p>Situation</p> <p>To what situation are you reacting?</p>	<p>Thinking</p> <p>What are your thoughts about the situation?</p>	<p>Emotions (Manufactured)</p> <p>What emotions are you experiencing?</p>	<p>REACTION</p> <p>What will you likely choose to do based on <i>Manufactured</i> emotions?</p>
		<p>Physiology – What do you feel in your body?</p>	
<p>Evaluate</p> <p>Is there objective evidence for your thinking?*</p>	<p>Reason</p> <p>What is more reasonable/rational/realistic thinking?</p>	<p>New Emotion (Natural)</p> <p>What emotions would you experience?</p>	<p>RESPONSE</p> <p>What will you likely choose to do based on <i>Natural</i> emotions?</p>
<p>Where are you on the Spectrum of Clear Thinking?</p> <ul style="list-style-type: none"> <input type="checkbox"/> FACT (Green: Proceed) <input type="checkbox"/> INFERENCE (Green: Proceed) <input type="checkbox"/> SPECULATION (Yellow: Caution. Check your thinking) <input type="checkbox"/> DISTORDED THINKING? (Red: Stop! Adjust you're thinking back to facts) 		<p>Physiology – What would you feel in your body?</p>	

*Reasonable thinking that results in distressed emotions is an indication that there's a problem that needs to be solved.