HOW TO CRUSH ALL-OR-NOTHING THINKING

Describe the situation.	
	(Nawa)
(Current)	(New) Thoughts, Emotions, Actions
Thoughts, Emotions, Actions	moughis, Emonons, Achons
Capture the stories you tell.	What thoughts would create the new emotions?
	ine new emolions:
Pinpoint the emotions your story triggers.	What emotion would drive the desired action?
Siory inggers.	inc desired denoit:
Describe the result of your thoughts and emotions.	What is your desired action?
moogins and emonons.	
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