

# HOW TO CRUSH ALL-OR-NOTHING THINKING

Describe the situation.

**(Current)**

**Thoughts, Emotions, Actions**

Capture the stories you tell.

Pinpoint the emotions your story triggers.

Describe the result of your thoughts and emotions.

**(New)**

**Thoughts, Emotions, Actions**

What thoughts would create the new emotions?

What emotion would drive the desired action?

What is your desired action?

