# HOW TO CRUSH ALL-OR-NOTHING THINKING

Describe the situation.

### (Current)
**Thoughts, Emotions, Actions**

- Capture the stories you tell.

### (New)
**Thoughts, Emotions, Actions**

- What thoughts would create the new emotions?

- Pinpoint the emotions your story triggers.

- What emotion would drive the desired action?

- Describe the result of your thoughts and emotions.

- What is your desired action?