

Situation: Note the time and location. The snapshot. Are you sitting or standing? What just happened? What was said or done? Witness yourself there, as though it is the present moment. Ex: **I'm sitting in the living room and she says, "I'm feeling very angry."** This moment is what you anchor in for the entire process.

Concept / One-liner: Identify the thought that is present in that stressful moment. Ex: **She should realize her impact.** This statement is what you return to for all the questions.

1) Is it true?

Ex: Is it true for me, in that moment in time, that she should realize her impact?

Yes

No

2) Can you absolutely know it's true?

This is a chance to look again. Ex: If I zoom out a bit, is it still true for me, in that moment in time, that she should realize her impact?

Yes

No

3) How do you react, what happens, when you believe that thought?

This is taking a look at the inner tantrum. Noticing the effect of this thought in the moment you believe it. What happens in your life? How far does the thought travel?

Ex: I feel shocked.
I notice adrenaline in my system.
I judge her.
I feel like a victim.
I feel unsafe.
I remember feeling unsafe as a child.
I anticipate what she'll do.
I defend myself against her.
I lash out later on.

Ex: I realize she's scared.
I see that I can support her.
I notice my surroundings.
I'm glad to know how she feels.
I feel capable, supported.

4) Who would you be without that thought?

This is looking again at that same moment in time, if you couldn't believe that thought. Nothing else has changed in the moment. Looking again at the moment, we see the difference between the moment and our thinking about the moment.

Turn the thought around.

This is a way of trying on the opposite of the original statement. There are 3 main turnaround forms: to the self, to the other, and to the opposite. Find 3+ genuine and specific examples of how the new statement is true for you.

Ex: **I should realize my impact on me.**
I should see what my thoughts are doing. Etc.

Ex: **I should realize my impact on her.**
I should see how I treat her in my mind. Etc.

Ex: **She shouldn't realize her impact.**
She was in her anger at that moment. Etc.