

INHIBITING DEFICIENCIES

# 2 HEALTHY THOUGHT PROCESSING

## How Do We Improve Our Thinking?

These cards outline various ways we can learn to more healthfully direct our mind's activity. Having a low reign over our thinking can handicap us in just about every realm of our lives. With better understanding, training, and practice, we can learn to more productively apply this powerful resource — the mind — both psychologically and functionally. With interest and appreciation, we can develop healthier thinking practices and reduce reasoning distortions. Learning how to navigate our thoughts more keenly is among the most rewarding results of healthy mind development efforts.

<h3>LEARN TO OVERSEE INTELLIGENTLY</h3> <p>To Improve Our Thinking</p>	<h3>LEARN TO GUIDE HEALTHFULLY</h3> <p>To Improve Our Thinking</p>	<h3>LEARN TO CONTROL MASTERFULLY</h3> <p>To Improve Our Thinking</p>
<p><b>A</b></p> <ul style="list-style-type: none"> <li>Quality Control Daily to Ward-Off Problems</li> <li>Quality Control Daily to Improve Reasoning</li> <li>Self-Monitoring                             <ul style="list-style-type: none"> <li>Emotions/reactions</li> <li>Quality of thoughts</li> <li>Honesty with self</li> <li>Timely priorities</li> <li>Healthy precautions</li> <li>Worthy to learn</li> <li>Worthy to remember</li> <li>Worthy to share</li> <li>Avoidable errors</li> <li>Distortions/quirks</li> </ul> </li> <li>Credible Thinking                             <ul style="list-style-type: none"> <li>Conscience/intuition</li> <li>Anticipative planning</li> <li>Analytical questions</li> <li>Ward-off problems</li> <li>Calculate true value</li> <li>Healthy self-talk</li> <li>Who to tell/ask what</li> <li>Look for better ways</li> <li>Exercise memory</li> <li>Keen associations</li> </ul> </li> </ul>	<p><b>B</b></p> <ul style="list-style-type: none"> <li>Practice the <i>How to's</i> of Healthy Navigation</li> <li>Understand How Thoughts Influence Behavior</li> <li>Direction • Caution • Courtesy                             <ul style="list-style-type: none"> <li>Motivational self-talk</li> <li>Credible thinking</li> <li>Consider redirecting</li> <li>Use helpful guidelines</li> <li>Keenly detail focus</li> <li>Practice multi-tasking</li> <li>Who/what/where/when/why</li> <li>Sacrifice for healthier good</li> <li>Be cautious/courteous</li> <li>Consider social/eco efforts</li> </ul> </li> <li>Results of Effort                             <ul style="list-style-type: none"> <li>Improves EQ</li> <li>Improves accountability</li> <li>Improves thoughtfulness</li> <li>Improves manners</li> <li>Improves health/happiness</li> <li>Improves patience</li> <li>Improves attention</li> <li>Improves sensibility</li> <li>Improves ethics/morals</li> <li>Cope in healthier ways</li> </ul> </li> </ul>	<p><b>C</b></p> <ul style="list-style-type: none"> <li>Understand the Frailties of Thinking</li> <li>Understand Irrationalities of Thinking</li> <li>Effects of Low Concern                             <ul style="list-style-type: none"> <li>Low quality standards</li> <li>Poor decisions</li> <li>Careless limits</li> <li>Low emotional control</li> <li>Avoid forewarnings</li> <li>Avoid initiative</li> <li>Quirks go unchecked</li> <li>Avoid cues/ideas</li> <li>Avoid priorities</li> <li>Poor thoughts</li> </ul> </li> <li>Causes of Deception                             <ul style="list-style-type: none"> <li>Ill-founded perspective</li> <li>Narrow-minded</li> <li>Infallible attitude</li> <li>Ill-mood motivated</li> <li>Ill-sense of boundaries</li> <li>Indiscretion/negativism</li> <li>Over-dramatizing</li> <li>Imaginary delusions</li> <li>Harmful suggestions</li> <li>Drugs/disease/disorders</li> </ul> </li> </ul>
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