

**RATIONAL, TRUTHFUL, POSITIVE THOUGHTS TO BEHAVIOR  
(Installing a Healthy Implicit Memory)**

1. *Rational, Positive, and Truthful Thoughts* – develop from innate processes of critical thinking and becoming aware of our subconscious thoughts as they relate to our true identity and developing mental approaches that lead to supporting our true identity. Empowering our thoughts in this manner result in the development of positive core beliefs.
2. *Positive Core Beliefs* deal with reality and provide a sense of control over our environment. These Positive Core Beliefs are based upon evidence, and develop through humility and faith in time-honored values and principles, such as a strong work ethic, positive interactions in our relationships and taking care of our health.
  - A. Capable core beliefs: I am adequate, I can succeed if I stick with it, I have the power to choose and act, I am safe, I feel like I have control
  - B. Lovable core beliefs: I am likeable, I am wanted, I am inherently good, I have a realistic sense of my limitations, I am acceptable even when I make mistakes, I am attractive
  - C. Positive body image: Appearance, Effectiveness, Health, Sexual Characteristics, Appreciating the gift of our body: I am an absolute miracle, I am attractive to some and maybe not others, which is true of everyone, I have power to change many things about my body, I can improve my mental processes through practice
3. *Results*: Do my rational, positive and or truthful thoughts lead to better outcomes or do they lead to increasing problems.

**EXERCISES**

**EXAMPLE**

Date:	Date:	Date:
My Problem Is?	My Problem Is?	My Problem Is?
My Rational-Positive, Truthful Thought in My Mind Was?	My Rational-Positive, Truthful Thought in My Mind Was?	My Rational-Positive, Truthful Thought in My Mind Was?
<input type="text"/>	<input type="text"/>	<input type="text"/>

<p>What Did My Rational-Positive Thought Mean to Me or Others?</p> <p>Core Belief Option –</p> <ol style="list-style-type: none"> <li>1. Capable</li> <li>2. Lovable</li> <li>3. Positive Body Image</li> </ol>	<p>What Did My Rational-Positive Thought Mean to Me or Others?</p> <p>Core Belief Option –</p> <ol style="list-style-type: none"> <li>1. Capable</li> <li>2. Lovable</li> <li>3. Positive Body Image</li> </ol>	<p>What Did My Rational-Positive Thought Mean to Me or Others?</p> <p>Core Belief Option –</p> <ol style="list-style-type: none"> <li>1. Capable</li> <li>2. Lovable</li> <li>3. Positive Body Image</li> </ol>
<p>My Emotional Reaction to the Thought</p>	<p>My Emotional Reaction to the Thought</p>	<p>My Emotional Reaction to the Thought</p>
<p>My Behavioral Response</p>	<p>My Behavioral Response</p>	<p>My Behavioral Response</p>
<p>Results of My Thoughts</p> <p>Yes: Led to a Better Outcome</p> <p>No: Led to Increasing Problem</p>	<p>Results of My Thoughts</p> <p>Yes Led to a Better Outcome</p> <p>No: Led to Increasing Problem</p>	<p>Results of My Thoughts</p> <p>Yes: Led to a Better Outcome</p> <p>No: Led to Increasing Problem</p>

**How do we create positive, rational, truthful thoughts:**

- 1) [RATIONAL] To become the outside observer. In other words, if I were not experiencing this and I was to give advice to someone else that was, what would that advice be.
- 2) [POSITIVE] Is there anything in this experience that I can be thankful for
- 3) [POSITIVE] What might I learn from this experience
- 4) [TRUTHFUL] Choosing an “I am” from the Positive Core Beliefs