

FROM THUMBS DOWN THINKING (UNHELPFUL THINKING) TO THUMBS UP THINKING (HELPFUL THINKING)



Thumbs down thinking makes you notice everything that's wrong. It's like standing low in a valley and you can't see a way out. This is **UNHELPFUL THINKING**. **Thumbs up thinking** helps keep things clear in your head. It's like standing on top of a mountain and getting a clear view about what's going well. This is **HELPFUL THINKING**.

THUMBS UP THINKING (HELPFUL THINKING) when something goes WRONG sounds like this:	THUMBS UP THINKING (HELPFUL THINKING) when something goes RIGHT sounds like this:
<p><i>"This problem won't last forever."</i></p> <p><i>"I can do something about this." It's one thing - not everything."</i></p> <p><i>"There are lots of great people and things around me. This is difficult but there's good things too."</i></p>	<p><i>"Things can only get better!"</i></p> <p><i>"I love my life! Things just turn out well!"</i></p> <p><i>"I am so lucky!"</i></p>
THUMBS DOWN THINKING (UNHELPFUL THINKING) when something goes WRONG sounds like this:	THUMBS DOWN THINKING (UNHELPFUL THINKING) when something goes RIGHT sounds like this:
<p><i>"Bad things keep happening to ME!"</i></p> <p><i>"Its always bad for me"</i></p> <p><i>"Everything in my life goes wrong for me!"</i></p>	<p><i>"Something will go wrong soon"</i></p> <p><i>"It was just luck. It won't happen again"</i></p> <p><i>"This is just one thing that turned out well - everything else will go badly."</i></p>