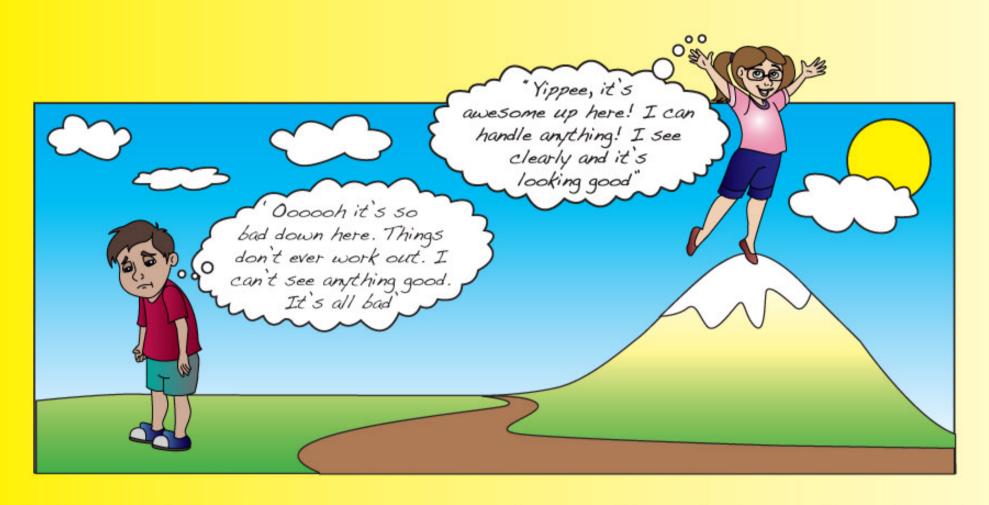
FROM THUMBS DOWN THINKING (UNHELPFUL THINKING) TO THUMBS UP THINKING (HELPFUL THINKING)



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