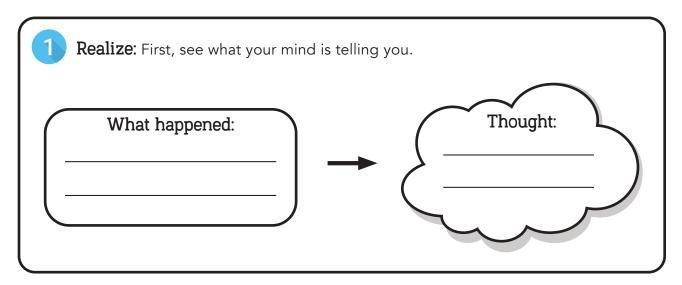
Practice: Shift Your Thinking

Use these three steps to see if your mind is telling you something that isn't true.



2 Research: Next, take a closer look to see if it's true.

What says it is true?	What says it might not be true?

3 Rev	Revise: Finally, is there a more helpful way of seeing things?	