

## **What you are trying to teach**

You are trying to teach “Good Thinking” (Cognitive Coping Skills). You are not teaching specific philosophies of life, religious concepts or political beliefs. The skills taught will be valuable for everyone regardless of their intellect or life goals. They will help the participants be more successful in the workplace and in their lives.

### **WHAT YOU ARE TRYING TO TEACH**

- 1. Your thinking controls your emotions and behaviors.**
- 2. Your negative thinking is often influenced by non-conscious irrational beliefs.**
- 3. These irrational beliefs (Stinky Thinking) will cause you to have inappropriate or overly intense (Not OK) emotions and dysfunctional (Thumbs Down) behaviors.**
- 4. These irrational beliefs (Stinky Thinking) are often present in childhood and cause childhood difficulties.**
- 5. These childhood irrational beliefs can become habituated and as an adult, they cause adult problems.**
- 6. Through the use of specifically designed fables, you can become aware of your own irrational (Stinky Thinking) beliefs.**
- 7. Through use of discussions and exercises you can understand that you can control and change your irrational (Stinky Thinking) beliefs into more rational (Good Thinking) beliefs.**
- 8. By practicing an awareness of your thinking, you can change your Stinky Thinking to Good Thinking and this will generate appropriate (OK) emotions and productive (Thumbs Up) behaviors.**
- 9. By practicing Good Thinking skills, you will take control of your life. With this control comes the ability to be successful and happy.**