

**DEFINING TERMS
IN THE FABLES OF “THE ADVENTURES OF COSMOS CROW”
AND SUPPORT MATERIAL**



Understanding these are Key to a Happy, Successful Life

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STINKY THINKING: The beliefs you have about situations, yourself, others, the future, etc. that are not based on facts. These irrational beliefs may be called prejudice, or immaturity or stupidity or whatever. Ask yourself, "What evidence do I have that this (belief) is true (or always true)?" If you honestly don't have any real evidence, you have found some *Stinky Thinking*.

GOOD THINKING: The beliefs you have about situations, yourself, others, the future, etc., that are based on facts. This rational style of thinking consists of the things you tell yourself after evaluating a situation, based on the facts of the situation. You do not let preconceived ideas, prejudices or irrational beliefs of others determine how you view a situation (event or person).

NOT OK EMOTIONS: These are the emotions that are the result of *Stinky Thinking*. You can recognize them by their inappropriateness and/or intensity. These emotions may be called rage, humiliation, depression and so on. They don't seem to fit the situation or even if they do, their intensity is out of line.

OK EMOTIONS: These are the emotions that are the result of *Good Thinking*. You can recognize them by their appropriateness and usually, lack of intensity. These emotions are often neutral or positive. If negative, they may be called anger, frustration, embarrassment, sadness and so on. They fit the situation and their intensity is at the appropriate level. They are the result of the reality of the situation. You are not recalling past transgressions or similar events to conger up a more intense emotional reaction. You may not like how you are feeling but you are in control.

THUMBS DOWN BEHAVIORS: These are the behaviors that are the result of *Stinky Thinking* and *Not OK Emotions*. You can recognize them by their inappropriateness and/or intensity and that they usually go against your best self-interest. They are frequently a behavioral habit to a presenting situation. You may not know why you reacted so inappropriately. You may say, "They just made me mad" or "No one talks like that to me" and the classic, "I don't know." You have gotten into the habit of behaving in a certain way when you have certain *Stinky Thinking* and/or *Not OK Emotions* and you *are not* in control.

THUMBS UP BEHAVIORS: These are the behaviors that are the result of *Good Thinking* and *OK Emotions*. You can recognize them by their appropriateness and that they are usually in your best self-interest. For example, a situation occurs and you think about it in a rational manner. You have emotions that are appropriate and manageable. You consider your alternatives and the consequences to those alternatives. You then choose the most appropriate behavioral reaction and do it. You stick with your decision and accept the consequences of your behavior.