

# TASK 2

Thoughts are often the driving force of action.

It is important to remember that thoughts are not facts. They are just products of our mind: a string of words, images, sentences. Being the fruit of the work of the mind, which itself is subject to many distortions, it makes many mistakes.

Thoughts are an interpretation, distortion, not reality, often not even a copy of something.

Below is a diagram "what is healthy thinking?" Healthy thinking is based on facts, and thoughts are not facts.



**Healthy brains**

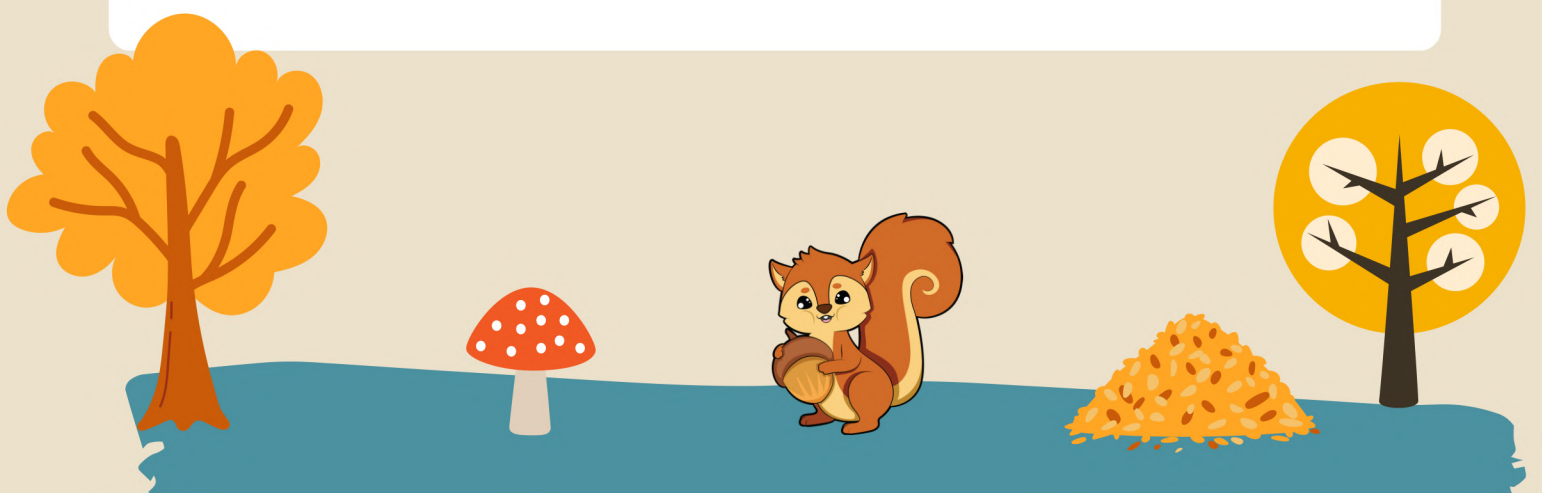
**DON'T**

**Guarantee healthy thoughts**

**SITUATION = (equals) FACTS**

**THOUGHTS ABOUT THAT SITUATION**

**≠ (do not equal)  
FACTS**





# TASK 2



Based on your knowledge of what a fact is, write down a situation that happened to you:

.....

.....

.....

Now, say it out loud to yourself:

.....

.....

.....

Say it again without emotions- only facts. Use the questions below:

What exactly happened? Who? What? Where? When? How?

.....

.....

.....

This exercise teaches you how to analyse a situation based on facts. It is easier to choose a solution when the story doesn't have unnecessary transformations and hasn't been distorted.

When you are dealing with a real problem that exists here and now, you can control it and look for real solutions.

