

# Transcript

## Template 6 – GO – Thought, Part 1

So now, still at step 6 using template #6 and choosing techniques for practice.

To move a transform from non-conductive thoughts, so thoughts are not conducive to happiness through thoughts that are conducive to happiness. So, you would know that from having observed and analyzed many situations.

So, these non-conductive and conducive thoughts may be situation specific or can be applied to many situations in general. So again, it's moving from what you experienced that is non-conductive, so what is experienced, to what could be conducive through envisioning again so, what could be experienced.

And choose techniques to let you get there, from the non-conductive to the conducive.

So, in general, and you might have identified that yourself, but it's important to do it for yourself. That non-conductive thought or thinking tends to be arbitrary, tends to be biased. It's often biased in a way that's very pessimistic or unrealistic, also catastrophic. Meaning always seeing the worst and the most fearful outcome. It can often be very narrow, not seeing the context and not having a perspective in time or place and it's often quite reactive.

On the other side. Thought that tends to be conducive to happiness, and you've probably have observed that, tends to be more fact-based, neutral or objective, often broad with a perspective over time and reflective or reflexive, meaning using analysis and thought without objectivity. Quite often, non-conductive can be more destructive type of thinking and conducive could be constructive. So the trick is to again use the GO tool, which means "opt for" this type of thinking, so it is often to know about it, read about it and then learn how to develop it and use it and give up this type of thinking that is non-conductive.

So, the more you learn how to think in a conducive way, the easier it is to give up the non-conductive. But again, the same technique is not simply to do less of the non-conductive because then you are still stuck between non-conductive and less than conducive. But when you find yourself thinking in a biased way, narrow etc. is to just see it, acknowledge and then right away remind yourself to redirect, to think more on the conducive way.