

# Transcript

## Template 6 – GO – Thought, Part 2

Now, a way to practice to move from a non-conductive thinking to a conducive thinking or more negative to positive thinking, is to learn to do fact-finding about yourself, about others, about situations. So therefore, not just being arbitrary, but more fact-based.

To learn to do analysis and reflecting. To be objective, so more balance less bias. And there are some words in an appendix in the instructions paper about different types of bias and how to move from them. It is very elaborate, but it could be useful, and to use the proper imagery that would let you be more, again, objective or using more positive and constructive thinking, so learn to be constructive.

And as much as possible, put perspective in your type of thinking, so broad type of thinking.

So, look at things more as a point in time rather than the only things that are happening, but see them with some distance. And see how things often change and solve themselves and so on and so forth.

Another technique that can be useful is after you've done the practice and chosen techniques for the emotion dimension and thought dimension, is to see how you experience specific moments, especially, let's say difficult moment that you've had in any situation.

And look at it from 2 dimensions. The one of emotion and the one of thought whereby you may be using a conducive type of emotion, sometimes called positive emotion or a non-conductive to happiness type of emotion, sometimes called negative emotion.

Versus a conducive type of thought or a non-conductive type of thought, so conducive again being objective, broad, constructive. And non-conductive being unobjective, narrow, destructive, biased and so on.

So, when you analyze the different moment and try to determine where did your experience fall on these two dimensions, you could often see some combinations that lets you understand better. So, if something is happening that is difficult and you experienced it with more positive emotion and in an objective, broad, constructive way. You will tend to have the most positive or the experience that this makes it the easiest to cope with whatever situation.

By opposition, if you see being in a very negative or non-conductive emotion like anger, fear, sadness and so on, or even fright and are unable to think objectively and sometimes being very biased and thinking in a distorted or catastrophic way, the experience would be the most negative in that moment.

On the other hand, you might think very constructively. But be nervous or tense or angry and the experience would not be as bad, but not be as, in general, as good to cope with a difficult moment.

Likewise, you may be calm but very biased, so your experience would be somewhat positive, also very negative, and also not the best state to cope with any difficult moment. So surely, it's always the most conducive overall, combining emotions and thoughts, to be in a positive emotion, calm or even joy or

even confidence and thinking the very logically and objectively, so from any other state is this try to move from these combinations to this combination, so you might want to replay a difficult moment and see how you reacted and then practicing, redoing or reliving these difficult moments with a conducive positive emotion or conducive objective broad constructive thinking.