

A Key to Change: YOUR THOUGHTS

Some thoughts lead to results we don't want. When we think, "I'll show him!" or "Nobody does that to me and gets away with it," there's a good chance we'll end up in trouble. THOUGHTS THAT LEAD TO UNWANTED TROUBLE CAN BE CALLED 'ERRORS IN THINKING.'

When we become aware of our thoughts, we can catch the errors before we act. We can stop and remember the trouble our action might bring. People do get hurt; everything has a price.

We can be aware that, in the long run, we -- and those we care about -- pay a heavy price for our destructive acts. We can change our thoughts. We can stop and think of other ways to handle the situation.

When you change your thinking, you change what you actually end up doing. You become able to avoid the temptation to take a harmful shortcut -- able to accomplish something of value you can be proud of. You will gain the ability to handle situations calmly -- without feeling put-down or angry. You gain the ability to put yourself in the place of another person -- to avoid causing others -- and yourself -- unnecessary pain.

IT ALL BEGINS WHEN YOU STOP AND CATCH YOUR THOUGHTS -- BEFORE YOU ACT.

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