**Subjective Thoughts Form**

**Date: / /**

1. **Predisposition - Write your personal thought here:**
2. **Type of Predisposition - Choose type (from list):**
3. **Solution - Choose solution (from your list):**
4. **Polarized Predisposition - Positive - Create an “*extremely positive*” example of your Predisposition in #1:**
5. **Emotion - How does your (*Positive Thought in #4*) make you feel? Choose emotion (from list):**
6. **Unquestioned Mental Model - I feel that emotion because?**
7. **List the evidence that *supports* your Unquestioned Mental Model (*in #6*):**
8. **List the evidence that *refutes* your Unquestioned Mental Model (*in #6*):**
9. **Do any parts of your Unquestioned Mental Model (*in #6*) seem *uncertain*?**
10. **Under what circumstances might your Unquestioned Mental Model (*in #6*) be *untrue*?**
11. **If any part of your Unquestioned Mental Model (*in #6*) turns out to be invalid, how much would that *contribute to failure*?**
12. **Optimized Mental Model - Improve your Unquestioned Mental Model (*in #6*) with new variations, so it more accurately reflects your thinking:**
13. **Priority - Choose (from list):**
14. **Polarized Predisposition - Negative - Create an “*extremely negative*” example of your Personal Thought in #1:**
15. **Emotion - How does your (*Negative Thought in #14*) make you feel? Choose emotion (from list):**
16. **Unquestioned Mental Model - I feel that emotion because?**
17. **List the evidence that *supports* your Unquestioned Mental Model (*in #16*):**
18. **List the evidence that *refutes* your Unquestioned Mental Model (*in #16*):**
19. **Do any parts of your Unquestioned Mental Model (*in #16*) seem *uncertain*?**
20. **Under what circumstances might your Unquestioned Mental Model (*in #16*) be *untrue*?**
21. **If any part of your Unquestioned Mental Model (*in #16*) turns out to be invalid, how much would that *contribute to failure*?**
22. **Optimized Mental Model - Improve your Unquestioned Mental Model (*in #16*) with new variations, so it more accurately reflects your thinking:**
23. **Priority - Choose priority (from list):**

**Type of Predispositions**

* **Intentions**
* **Expectations**
* **Assumptions**
* **Intuitions**
* **Opinions**
* **Conclusions**
* **Judgments**
* **Beliefs**
* **Hopes**
* **Gut Feelings**



**Priority**

1. **Critical**
2. **Important**
3. **Required**
4. **Optional**
5. **Noteworthy**