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:

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5. Emotion - How does your (*Positive Thought in #4*) make you feel? Choose emotion (from list):

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6. Unquestioned Mental Model - I feel that emotion because?

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7. List the evidence that *supports* your Unquestioned Mental Model (*in #6*):

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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_?**

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12. **<u>Optimized Mental Model</u> - Improve your Unquestioned Mental Model (*in #6*) with new variations, so it more accurately reflects your thinking:**

13. **Priority - Choose (from list):**

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14. <u>Polarized Predisposition - Negative</u> - Create an "*extremely negative*" example of your Personal Thought in #1:

15. <u>Emotion</u> - How does your (*Negative Thought in #14*) make you feel? Choose emotion (from list):

16. <u>Unquestioned Mental Model</u> - I feel that emotion because?

17. List the evidence that <u>*supports*</u> 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. <u>Optimized Mental Model</u> - Improve your Unquestioned Mental Model (*in #16*) with new variations, so it more accurately reflects your thinking:

23. <u>Priority</u> - Choose priority (from list):

Type of Predispositions

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

Emotions

- Afraid
- Alarmed
- Alienated
- Amused
- Angry
- Annoyed
- Anxious
- Compassion
- Contempt
- Contentment
- Delightful
- Depressed
- Disappointed
- Discouraged
- Disgusted
- Embarrassed
- Euphoric
- Excitement
- Fearful
- Frustrated
- Glad
- Guilty
- Happy
- Hopeful

- Hopeless
- Humiliated
- Hurt
- Inadequate
- Inferior
- Irritated
- Jealous
- Joy
- Lonely
- Love
- Neglected
- Optimistic
- Proud
- Rejected
- Relieved
- Revenge
- Sad
- Satisfied
- Shame
- Shock
- Surprised
- Sympathy
- Unhappy
- Worried

Priority

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