

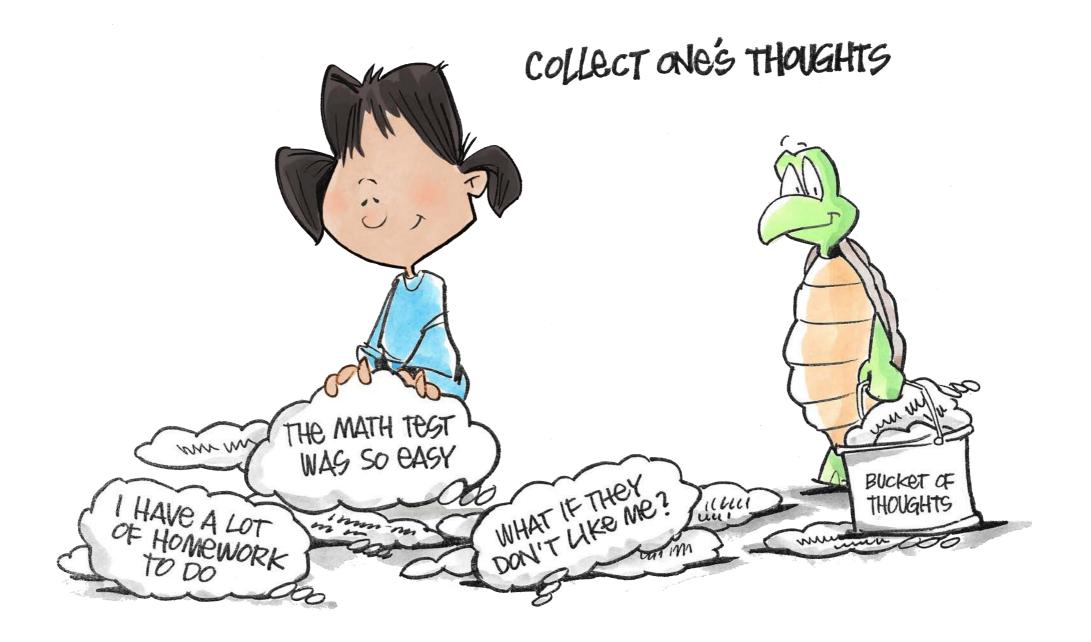
Witty thoughts are more accurate, useful ways of viewing situations.



Use your senses (see, taste, smell, hear, touch) to think more clearly about a situation.

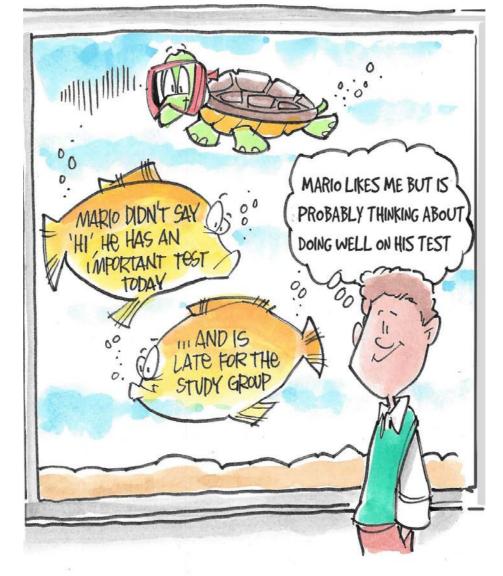


Give yourself credit for your efforts.



Ask yourself, "What am I thinking?"

GO ON A FISHING EXPEDITION

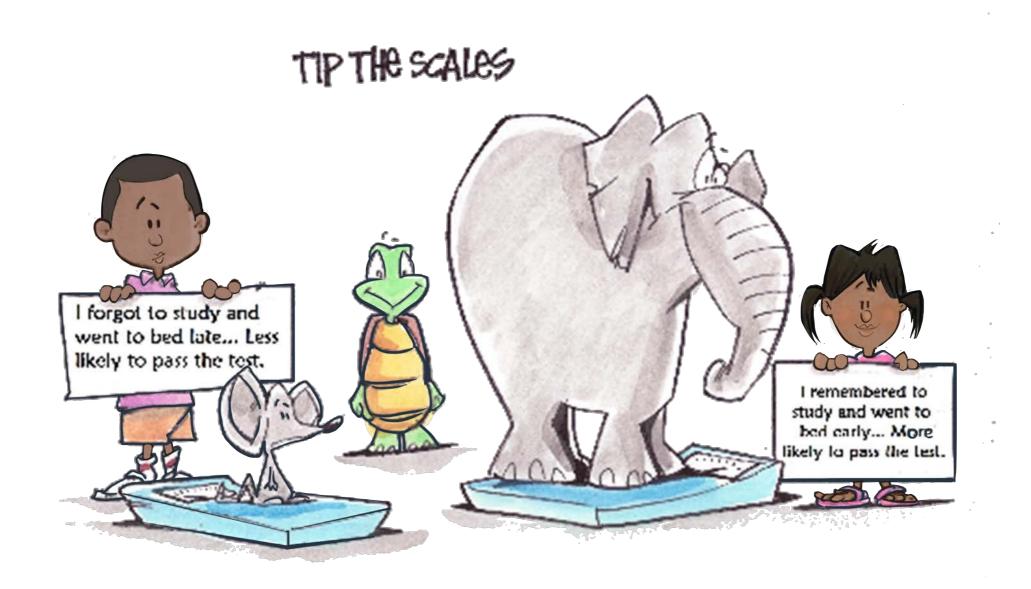


More evidence leads to wittier thinking.

PUT YOURSELF IN SOMEONE ELSE'S SHOES

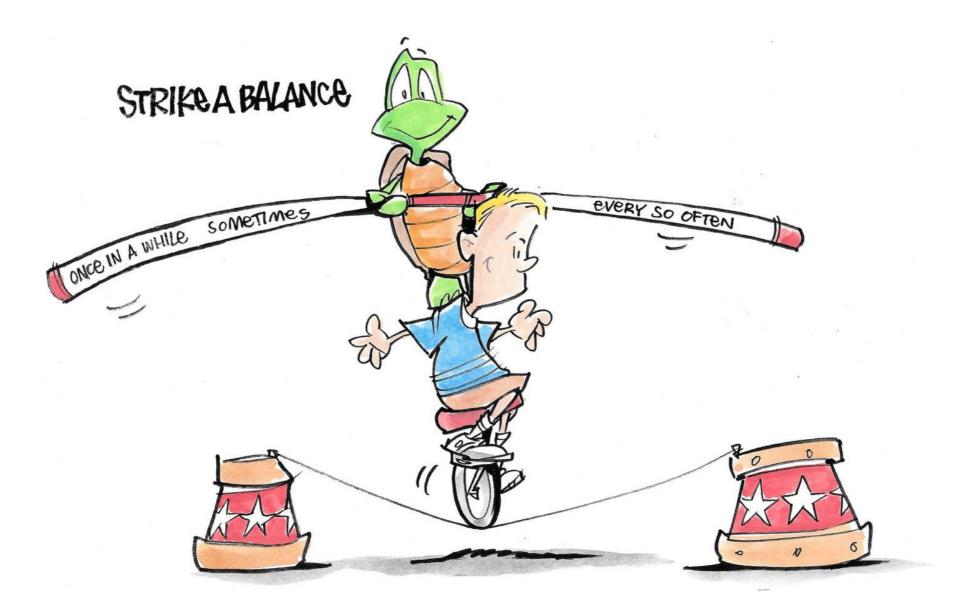


Ask yourself what someone else might think about the situation.



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Your behavior influences the outcome.



Use less extreme words (i.e. sometimes, alright, a few, etc.).



Using less demanding words such as maybe and perhaps.



Ask/answer the questions: who, what, when and where to determine why.



In any given situation, at least two people share the responsibility (20%/80%, 60%/40%, 90%/10%, etc.).