

Thought Review

- Put your thoughts on paper
- Go back with a different colored pen (but not red)
- Circle inaccuracies, exaggerations, absolute words, expletives, anything that is one-sided, and any “but”
- Rewrite correcting the circled parts
 - “but => and”
 - Example: “The turkey was good, but the potatoes were lumpy” => “the turkey was good and the potatoes were lumpy.”
 - Example: “I love my mother, but she is mean. => “I love my mother and she is mean”
 - Examples of absolute words to correct
 - Must/have to
 - Can’t
 - Always/every time
 - Never
 - Everyone/everybody
 - Nobody/everybody
- If you do this often enough, you will likely start being able to catch and correct these when thinking them

