

# IACT - Clear Thinking Analysis (CTA Example 1)

Old Thinking	New Thinking
<p><b>A – Event (Activating Event)</b></p>	<p><b>RA – Review Event A (Re-Describe Exactly)</b></p>
<p><i>Working on the IACT Clear Thinking Program</i></p>	<p><i>Working on the IACT Clear Thinking Program</i></p>
<p><b>B – Self Talk (Self Talk Resulting from The Event)</b></p>	<p><b>RB – Review Self Talk (Apply Clear Thinking Rules)</b></p>
<p><i>It takes too long</i></p> <p><i>It will not help me</i></p>	<p><i>I really want to help myself so I will take the time to do this</i></p> <p><i>Using the program could change my life</i></p>
<p><b>C – Feelings (Feelings Resulting from Self Talk)</b></p>	<p><b>RC – Review Feelings (New Desired Feelings)</b></p>
<p><i>Disappointment</i></p> <p><i>Frustration</i></p>	<p><i>Excitement</i></p> <p><i>Fulfillment</i></p>