

# IACT – 5 Clear Thinking Rules (CTR)

*Check Only One Box for Each Item Below*

## 1. Objective Thinking – Using the Camera Check

- My thinking clearly and accurately reflects the actual event.....
- My thinking does not clearly and accurately reflect the actual event .....

## 2. Protects Life and Health

- My thinking is beneficial to physical and emotional health.....
- My thinking is negatively affecting my emotional and physical health.....

## 3. Achieve Goals and Plans

- My thinking helps achieve and accomplish short and long term goals .....
- My thinking negatively impacts long and short terms goals and plans.....

## 4. Avoid Significant Conflicts with Others

- My thinking does not create unnecessary conflicts with family, friends, work....
- My thinking creates unnecessary conflicts with family, friends, work, .....

## 5. Avoid Self Conflict

- My thinking does not create frustration, conflict, anxiety, worry, fear, anger....
- My thinking creates frustration, conflict, anxiety, worry, fear. anger.....

## Clear Thinking Test (CTT)

**If 3 or more Check Marks are in the Right Column - Thinking is Not Clear Thinking**

**Enter Old Thinking Here – Thinking That Does Not Meet Clear Thinking Test**


**Enter New Clear Thinking Here – Thinking That Meets Clear Thinking Test**
