

IACT – 5 Clear Thinking Rules (CTR) Example

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) Example

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

Working on the Clear Thinking Program takes too long

The Clear Thinking Program will not help me.

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

I really want to help myself so I will take time to do this

The program could change my life