

CREATING EFFECTIVE PATTERNS OF THOUGHT

Event	Emotionally Ineffective Thought	Emotionally Effective Principle	New Thought
<p>Example: My best friend canceled our plans at the last minute.</p>	<p><i>I can't believe how wrong that was. I will feel upset unless she apologizes.</i></p>	<p><i>My happiness is determined by what I think, not by my environment or the people in it.</i></p>	<p><i>It would be nice if she apologized, but if she doesn't, I can still feel good about myself and not be angry.</i></p>
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2.			
3.			
4.			