

## THINKING STYLES

There are technically 2 different thinking styles, but I am actually going to discuss what I believe should be a 3rd one as well.

The 1st thinking style is the "FEELER". This is where everything you do is based off your feelings. These are the ones who tend to be impulsive and have "buyer's remorse". This is due to the fact that when decisions are based solely on the way you feel, you oftentimes end up making the wrong one.

The 2nd thinking style is the "ANALYTICAL". This is where you have to have all of the facts or information to make a decision. This may seem rational, but in actuality this is where you end up bombarding yourself with info, get upset because you end up procrastinating and then get sucked back into the Anxiety Cycle discussed in Module 1.

You can bounce/bend between the two, but most of us fall predominately within one or the other.

The problem with this is that both of

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these thinking styles are rigid. They have you feeling brittle due to feelings of overwhelm, which causes an inordinate amount of anxiety, thus can make it easy for you to "snap".

What we need to work on is learning to think within what I believe should be the 3rd thinking style called "RATIONAL". This is where you become less rigid and learn to open yourselves up to both sides of the equation.

When you can begin to become mindful of the way you think and process situations on a more rational level, your perspectives start to change, you become more fluid and ultimately less overwhelmed and anxious.

Remember, "We can't control our thoughts, but we CAN control the way we think!"

