

DIL T or F (Thought or Fact)

1. Write down everything that comes to mind about DIL.

Keep writing until everything about DIL is dumped onto paper, out of your mind.

2. After all your thoughts about DIL are written down, go back and differentiate between which ones are Thoughts, and which are Facts?

Highlight the Thoughts and circle the Facts, or however you want to do it.

Remember, it's only a fact if you can prove it in court and everyone agrees with it.

3. Choose one of the thoughts, that you don't want to believe anymore.

If you're not sure, ask yourself this question about any of your thoughts:

If I love me, And Then I love my DIL, would I keep or tweak this

thought? Rewrite the thought to something you could believe, and want to practice thinking.

Do DIL T or F often, so you become aware of the thoughts you have about your DIL, and are intentional about the ones you keep. The video is always available as a resource. Bring any questions and situations to be coached on to Lovin Me.

~Lovin My DIL~

The logo for LeAnn Austin Coaching features the name 'LeAnn Austin' in a cursive font, with a small heart symbol above the 'n' in 'Ann'. Below the name, the word 'COACHING' is written in a simple, uppercase, sans-serif font.