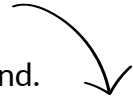


# DIL T or F

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. Next, differentiate between which ideas are **Thoughts** and which are **Facts**.

**Highlight the Thoughts and circle the Facts.**

*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.