

## **Quality Control Checklist**

**Does this thought get me to my purpose?**

**Is that helpful to me?**

**Would that be abusive if I said it to my kid?**

**Is it a bit extreme?**

**What are the flaws (exceptions)?**

**List the other possibilities.**

-she could be tired

-she could be having a bad day

-she could be hungry

-there could be hormonal issues

**Is it perfectly accurate?**

**What's the evidence for and against this?**

(make 2 lists)

**State one negative and one specific positive.**

-I don't know how I'm going to replace my income.

-I have more time to be with my children and work on my book.

**Is it helpful?**

**Is it kind?**