Subjective Thoughts Form

Date: / / 

1. **Predisposition** - Write your personal thought here:

2. **Type of Predisposition** - Choose type (from list):

3. **Major Category** - Choose major category (from your list):

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4. Polarized Predisposition - Positive - Create an “extremely positive” example of your Predisposition in #1:

5. Emotion - How does your (Positive Thought in #4) make you feel? Choose emotion (from list):

6. Unquestioned Mental Model - I feel that emotion because?

7. List the evidence that supports your Unquestioned Mental Model (in #6):
8. List the evidence that *refutes* your Unquestioned Mental Model *(in #6)*:

9. Do any parts of your Unquestioned Mental Model *(in #6)* seem *uncertain*?

10. Under what circumstances might your Unquestioned Mental Model *(in #6)* be *untrue*?

11. If any part of your Unquestioned Mental Model *(in #6)* turns out to be invalid, how much would that *contribute to failure*?
12. **Optimized Mental Model** - Improve your Unquestioned Mental Model (*in #6*) with new variations, so it more accurately reflects your thinking:

13. **Priority - Choose (from list):**
14. Polarized Predisposition - Negative - Create an “extremely negative” example of your Personal Thought in #1:

15. Emotion - How does your (Negative Thought in #14) make you feel? Choose emotion (from list):

16. Unquestioned Mental Model - I feel that emotion because?

17. List the evidence that supports your Unquestioned Mental Model (in #16):
18. List the evidence that refutes your Unquestioned Mental Model (in #16):

19. Do any parts of your Unquestioned Mental Model (in #16) seem uncertain?

20. Under what circumstances might your Unquestioned Mental Model (in #16) be untrue?

21. If any part of your Unquestioned Mental Model (in #16) turns out to be invalid, how much would that contribute to failure?
22. **Optimized Mental Model** - Improve your Unquestioned Mental Model (*in #16*) with new variations, so it more accurately reflects your thinking:

23. **Priority** - Choose priority (from list):
Type of Predispositions

- Intentions
- Expectations
- Assumptions
- Intuitions
- Opinions
- Conclusions
- Judgments
- Beliefs
- Hopes
- Gut Feelings
Emotions

- Afraid
- Alarmed
- Alienated
- Amused
- Angry
- Annoyed
- Anxious
- Compassion
- Contempt
- Contentment
- Delightful
- Depressed
- Disappointed
- Discouraged
- Disgusted
- Embarrassed
- Euphoric
- Excitement
- Fearful
- Frustrated
- Glad
- Guilty
- Happy
- Hopeful
- Hopeless
- Humiliated
- Hurt
- Inadequate
- Inferior
- Irritated
- Jealous
- Joy
- Lonely
- Love
- Neglected
- Optimistic
- Proud
- Rejected
- Relieved
- Revenge
- Sad
- Satisfied
- Shame
- Shock
- Surprised
- Sympathy
- Unhappy
- Worried
**Priority**

1. Critical
2. Important
3. Required
4. Optional
5. Noteworthy