

## CREATING EFFECTIVE PATTERNS OF THOUGHT

Event	Emotionally Ineffective Thought	Emotionally Effective Principle	New Thought
<b>Example:</b> My best friend canceled our plans at the last minute.	I can't believe how wrong that was. I will feel upset unless she apologizes.	My happiness is determined by what I think, not by my environment or the people in it.	It would be nice if she apologized, but if she doesn't, I can still feel good about myself and not be angry.
1.			
2.			
3.			
4.			