

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):

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**