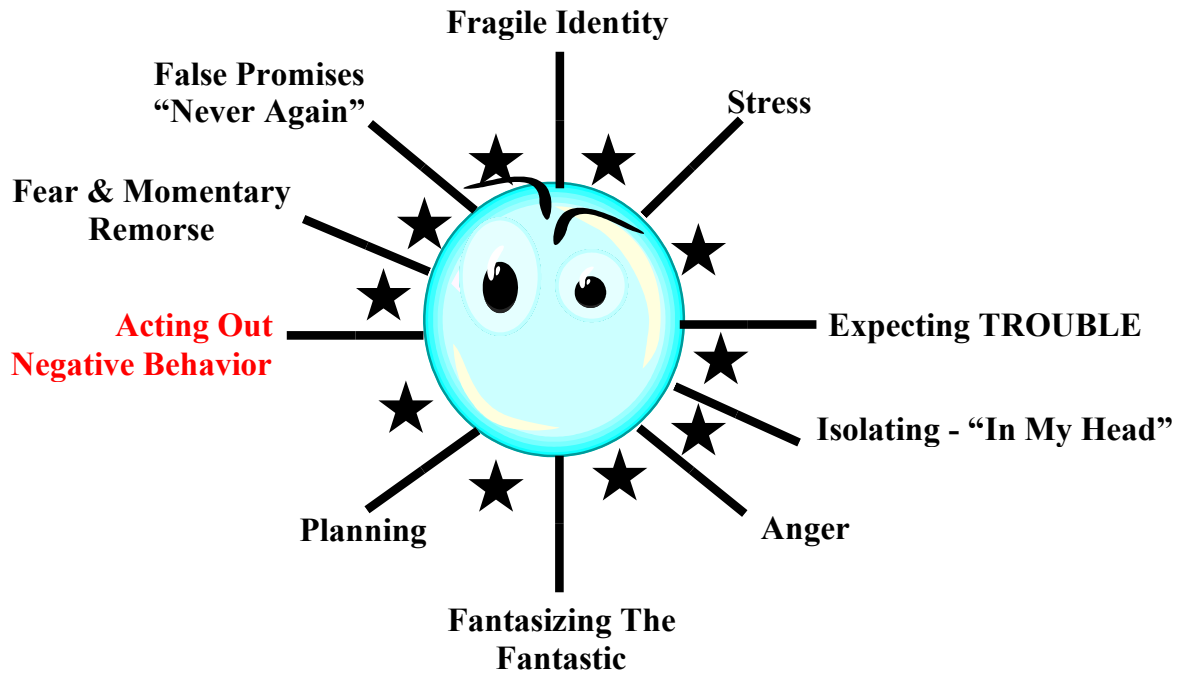


# THE TROUBLE BUBBLE

★ = TROUBLED THINKING



Remember: The **reason** for the behavior has little to do with the behavior, itself.

Remember: The reason for the behavior is to achieve the feeling of **power**.

Remember: THE BIG LIE when nothing changes. After all, "insanity" is believing you will have different results by using the same behavior!

Remember: THOUGHTS → FEELINGS → BEHAVIOR

&

TROUBLED THOUGHTS → TROUBLED FEELINGS → TROUBLED BEHAVIOR

Resolve the **reason** for the troubled thoughts and you'll have better results!

## THE TROUBLED THINKING LIST

Sometimes called “thinking errors,” Troubled Thinking is used to AVOID ACCEPTING RESPONSIBILITY AND FACING CONSEQUENCES for unproductive and destructive behaviors.

Troubled Thinking is used to AVOID healthy CHALLENGES necessary to work on resolving a difficulty.

FEAR OF BEING PUT DOWN

LACK OF EMPATHY

ALL OR NOTHING

CLOSED MINDED

BLAMING

JUSTIFYING

ASSUMING

MINIMIZING

LYING

ANGER

VICTIM STANCE

SIDE-TRACKING

HOT SHOT

SILENT POWER

POWER PLAYS

CONFUSION

MANIPULATION

OWNERSHIP & ENTITLEMENT

UNIQUENESS

FAILURE TO KEEP COMMITMENTS



Primary feeling:  
**POWERLESS**