



## LIVING THE SKILL 'CLEAR THINKING'

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1. **Come present to your breath, to this moment, to this now.**
  2. **Attune to a Presence within beyond your body, emotions and thoughts.**
  3. **Breath into the loving neutrality of this inner Presence.**
  4. **Describe any obvious, silent or recurring disturbance.**
  5. **Identify one main judgment present for you.**
  6. **Check: Is this 100% completely true?**  
(Can I know for sure this is completely true?)
  7. **Reverse: What is the opposite thought?**  
(Could the reverse thought also be true or even truer? How does it feel to believe the reverse thought?)
  8. **Mirror: What do you see in the 'other' that is also in you?**  
(Replace 'the other' by 'my thoughts')
  9. **Journal any new awareness.**
  10. **If you have time, repeat the process with another judgment.**
  11. **Thank your partner.**
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**"If you hate a person, you hate something in them that is part of yourself. What isn't part of ourselves doesn't disturb us." Herman Hess**

**"The most terrifying thing is to accept oneself completely." Carl Jung**

**"Behind every accusation is a cry for help." John Roger**

**"I destroy my enemy when I make them my friend." Abraham Lincoln**