

TOOL #11A - ACTIVITY  
**Stop the World!**

Look at the examples of Fearful/Bad Manner thoughts in the left column. Notice that the first one has an example, in the right column, of a well mannered thought that is a thoughtful, well mannered response to the thought in the left column. Fill in the rest in the same way. There are no “right” or “wrong” answers. This is simply a way to see how your brain works when you take a “Stop! Think” moment to find the truth! Have fun!

FEARFUL/BAD MANNER THOUGHT	WELL MANNERED THOUGHTS!
Brainless freaks are dangerous.	People who act without thinking can do dangerous things.
Foreign people are stupid.	
Those people are all the same.	
Their customs are moronic.	
My country, love it or leave it.	
I can't stand the sight of them.	
They don't deserve to be happy.	
They made fun of my accent.	
They are dumber than ants.	
Their life style is disgusting.	
I've never met such freaks.	