

Think Straight, Feel Great (Pocket Version)

Dr. Rick Levy
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Dr. Rick Levy's cognitive reprogramming method has 7 steps:

1. Be Aware of What You're Feeling
2. Label Your Feelings
3. Look at the Thoughts Behind Your Feelings
4. Ask Yourself, "Where's the Distortion?"
5. Correct the Distortion
6. Ask Yourself How You'd Feel if You Believed the Correction
7. Run the New Feeling in Your Imagination for 60 Seconds