

Have you ever said or heard someone else say:

I was going to do this or that but then I thought about it

That's what I thought

Let me think about it

Think it through

Think about that

Why didn't I think of that

Here is what I'm thinking

Now that I think about it

You didn't think I would find out

Nobody told you to think

\* I'm thinking

\* what do you think

\* I can't think right now

\* I can't think anymore

\* I think I think too much

\* what were you thinking?

\* the more I think about it

\* that's what U get for thinking

\* Think of someone besides yourself

It is so easy to stress, get jealous, angry and display aggression to make our and others lives miserable when we fail to take the time to actually think, which is a fraction of a second. After failing to have positive thoughts prior to your crime, why not make it easy to think positive and make your every action or reaction a positive learning behavior?

Thinking is a never ending journey. It is wide, long and covers a vast amount of space in our head, like an addiction. Take a song we tend to play over and over. Even though we know it makes us sad, we listen because it is one of our favorite songs and we, for some reason, get a kick out of getting the lyrics wrong. That same song can sometimes pick us up and bring us out of a dark mood, just like when we think of our family, children, wife, friends, work; those things we like to do and so forth. Music reminds and helps the mind to think. We even think of the man or woman we want to be, or, at least, we should. It is always imperative we think. We must seek to change or alter our negative way of thinking and utilize affective and positive communication. We all possess that skill. We just have to further develop it. The best way to give yourself a chance at what you seek is through changing the way you think. Think of those possibilities.

Thinking is fundamental, assists us in our growth, change and is free. Using it wisely has a colorful art to its texture, in that it pleasantly shapes the thinker...when done correctly. To be the only one standing while others are sitting makes one feel out of place, so too, is the fact we get bent out of shape when we can't finish that puzzle because the last piece is missing, like an incomplete thought, but to possess the ability to think and utilize that ability while thinking wisely is reason to stand tall and proud. Thinking change and changing our thinking is the gateway to changing our behavior. We should never point at others and say, if I can change, why can't he or she? We must not assume others have the same view or thinking as we do. Sometimes we must think for others.

- \*There are more rainy days than you can take
- \*You know the individual who stole your car/broke into your apartment
- \*Your brother or friend's wife comes on to you
- \*Your brother/friend takes a crack at your girlfriend
- \*Your girlfriend's sister comes on to you
- \*You cannot find a sitter and you have to work
- \*You are forced to care for your elderly, profanity laden parent(s)
- \*Your girlfriends family do not like you
- \*People are uncomfortable around you
- \*You listen to loud music/always on computer/it irritates your girlfriend
- \*A customer bangs your car with his/her car door
- \*You feel as though you are about to get angry
- \*You find yourself in a potential altercation
- \*You cannot afford the cost of tools for your job
- \*Your family turns their back on you
- \*You find yourself easily annoyed
- \*The guy at the gym is always competing against you
- \*You get overcharged at a restaurant
- \*You get passed over for a promotion
- \*You are offered alcohol/drugs
- \*You are forced to stop playing video games/grow up/stop acting like a child
- \*You are constantly being stood up/someone is always breaking their promise
- \*You find yourself in bad company
- \*You learn your girlfriend/friend/relative is wanted for a crime
- \*An ex tries to rekindle a relationship with you
- \*You get a female pregnant but she no longer wants to be with you/she wants to keep the baby
- \*Another kid hits your kid
- \*You turn in a lost wallet/accused of stealing it
- \*Your lady threatens to call the police on you in order to control you

- Parole Officer riding your back
- Working, staying out of trouble, get picked up, told U owe the state more time
- U are talked down to/berated
- Having a bad day
- Being bullied
- Learn U are not the father of your child
- The person U are talking to does not get what U are saying
- Your girlfriend's brother/friends harassing U
- Learn your new girlfriend/boyfriend is a working escort
- Someone use U to say something about someone else just as they are walking by
- U learn, later, your girl/boyfriend was born opposite sex
- U realize U are not as smart as everyone else
- U inherit a large sum of cash
- U overhear a stranger speaking of committing suicide
- Your significant other has been stealing from U
- U have been deceived by loved ones/friends
- U are being taken for granted
- U were manipulated for others personal gain
- U'R brother/friend is abusing his wife
- U were told U are antisocial
- Someone always need your assistance/U can never get enough rest
- Your coworker is a freeloader
- Your hard work is overlooked
- More is always expected of U
- Your credit cards were used without your permission/knowledge
- People are too clingy to U
- Your sister/brother is abusing their child
- U witness school bus driver taking drugs/drinking before operating bus
- Someone else beat U to a parking space
- Another guy answers your girlfriend/boyfriends cell phone
- U receive a gift U do not like
- U see someone U do not like
- Your friends try to convince U to do something illegal
- Your friends pay your rent/ tell U later it is down payment for your loyalty to the gang
- Someone spit on U/spill drink on your new clothes

- U lose everything
- Your wife/husband is keeping a secret
- There is a death in your family
- Your work schedule is changed without your knowledge/you've already made plans
- Your boss flirts with U
- U suddenly become a single parent
- U are the sole income provider
- Your salary does not cover all your bills
- Your neighbor returns something borrowed months later/it's broken
- U believe those around U are acting abnormal
- U feel like relapsing
- Your neighborhood is filled with temptation
- U want a higher salary but do not want to attend classes
- U are bumped into on a crowded train, bus, street
- U receive a written warning for showing up late for work/even though U reported being in a car accident
- Your coworker dips his finger in your food/take a drink from your water bottle w/out permission
- U are informed U unknowingly shook hands with someone who picked their nose
- U are told U will not survive in society

**What will U'r plan B & C be in the likely event plan A fails?**

**Always remain positive as U proceed...**