Module 3 – a,b,c

ELEMENTS OF THOUGHT Eight Basic Structures are Present in All Thinking

PURPOSE – Your purpose is your reason, goal, focus for pursuing a certain direction. What am I trying to accomplish upon completion of this goal?

In other words, by pursuing a particular goal, I expect to achieve a particular thing.

For example, if my goal is to lose weight, I will have set a specific goal that clarifies what exactly does that mean. I plan to lose for example, 20 pounds in a healthy manner that includes exercise and diet changes that will result in a change of habits that will be long lasting and positive.

QUESTION AT ISSUE – The question at issue refers to a specific problem or issue. A problem relating to the purpose to lose weight would be to question how I arrived at my current situation that I am dissatisfied with and how to proceed to achieve my goal.

In other words, why have I allowed myself to procrastinate to the extent that has led me to my current situation, dissatisfaction with myself, my weight, and general health.

For example, I need to analyze my current situation, why I have reached this point both psychologically and physically and make a plan to overcome these problems and move forward.

INFORMATION – The information that I am using to come to the conclusion about my weight concerns has a basis in fact, and in how I actually feel, in comparison to how I felt previously.

In other words, accepting the reality of the situation and looking at the evidence of the weight gain and it’s impact on how I physically feel.

For example, in comparison, I have proof to support the above information because some clothing that I used to wear does not fit me anymore. I know that I do not physically feel as fit as I previously did.

INTERPRETATION/INFERENCES/CONCLUSIONS - The above information needs to be reiterated because it is those things, for example, clothing that doesn’t fit now, leads to the conclusion that I have gained weight.

In other words, there is clear cut evidence that what I am stating about the weight gain, is true.

CONCEPTS – The definitions and principles of weight gain and weight loss are based on scientific facts relating to caloric intake and exercise.

In other words, there is the ability to measure intake of calories and expenditure of energy to accomplish a weight loss goal through the use of available information and resources.

ASSUMPTIONS - I have been taking for granted at times that I can pretty much continue the way I did years ago as far as diet is concerned and not expect negative consequences.

In other words, changes in diet and exercise must be made to enable myself to stay fit and lose and not gain weight.

For example, being more selective about what and how much I eat and to maintain an exercise regimen.

IMPLICATIONS AND CONSEQUENCES – It is very logical to understand that if I do not analyze and adhere to a healthy diet and exercise plan, I will reap the negative consequences.

In other words, realistically being in denial about the consequences that will occur on my current path, appears to me to be stupid, to be honest.

For example, look at where I am now and where I was, 20 years ago.

POINT OF VIEW – My main perspective on this purpose/question is that I have been in denial for quite some time.

In other words, truthfully I have know what was happening related to my behavior but I avoided confronting it head on.

For example, not being specific enough about self-care and rationalizing things at times, when I would make some good choices about diet but it was not good enough and not sustained well or long enough.