

How the Basics of Critical Thinking align with the Stages

Overview

The five Stages allow you to get really good at...

1. Putting yourself back in your power
2. Thinking critically

"Critical Thinking is self-guided, self-disciplined thinking which attempts to reason at the highest level in a fair-minded way. Critical thinkers strive never to think simplistically about complicated issues. Critical thinkers commit themselves to practice toward self-improvement."

- Linda Elder

Raise A Vital Question	DEFINE IT
Gather Information	GO FIND IT
Remain Open Minded	ALIGN IT
Explore with Abstract Ideas	REFINE IT
Test and Find Solutions	DIVINE IT

1 - DEFINE IT - Raise A Vital Question & Name What You Need

Raise A Vital Question

We raise lots of vital questions at this stage, the first two being:

- *What do you WANT NOW?*
- *What is IN THE WAY of what you want now?*

To gain even more clarity, we can ask ourselves other vital questions such as:

- "WHAT do I know?"
- "HOW do I know it?"
 - "If I know I have a problem, HOW do I *know* I have a problem?"
 - "HOW do I *know* something is lacking?"

By asking these kinds of (vital) questions, your internal compass is going to point you to the feelings, self-talk, phrases, and flashes of memories that "define" the problem.

2 - GO FIND IT - Gather Information & Connect Your Dots

Gather Information

The information we are gathering has to do with "what supports the problem."

We look very specifically for *memories* because...

- Memories are the "building blocks" of the story that's holding the problem in place
- Memories *act as proof, as evidence*, that the story that is holding the problem in place *is true*

This is why we GO FIND *all the memories* that support our old, unhelpful story - and get them onto the page.

3 - ALIGN IT - Remain Open Minded & Transform Your Storytelling

Remain Open Minded

In order to work with all that you've gathered, you must remain open. Not just open-minded, but open-hearted as well. Openness to what you've found is what is going to allow you to stay with it as you organize it.

Organizing the memories chronologically helps you to...

1. See where the impact point(s) that caused the ripples of problematic beliefs and behaviors first occurred
2. Detect mismatches between what you hold in your unconscious mind as a result of back THEN (in some cases a disempowered version of yourself) and who you are NOW

4 - REFINE IT - Explore with Abstract Ideas and Create Your Possibilities

Explore with Abstract Ideas

Abstract thinking is playful thinking. Time traveling - being physically here now and exploring back then - is abstract thinking. So is using your imagination to perceive it differently.

We shine light on the aspects that bother us so we can:

- Identify whichever needs haven't been met yet
- RE-Story the portions of the memories that need an update

We use Tapping to:

- Reduce the intensity of the challenging feelings *within the body* - feelings such as anger, sadness, anxiety, resistance
- Create space for more positive, useful, supportive feeling like peace, acceptance, joy, empowerment, freedom

5 - DIVINE IT - Test & Find Solutions & Live The Life You Choose

Test & Find Solutions

Noticing what's different now and doing what it takes to secure the changes.

We want to make the changes so strong that the new-and-improved way of thinking and feeling is able to happen all on its own... **unconscious competence!**

The secret to creating lasting change is repetition - replaying and rehearsing the changes.

We are laying down new tracks in the brain. Creating new grooves. Allowing the old neural pathways you're not using anymore to wither and die.

You should think of these 5 Stages not as a formula, but as 'components' to be used in any order, as needed.

