The Human Optimization Project
Pod-Club

E37 Helpful vs. Unhelpful Thinking Patterns: How to Use the Mental Models in a Healthy Way

<u>Discussion Questions for this Episode:</u>

1) How do you personally define "helpful" and "unhelpful" thinking patterns? How does this relate to your prior conception of "positive vs. negative" thoughts?

2) What are some of the key characteristics that separate "helpful thinking" from "unhelpful thinking?"

3) What is an area of your life where you tend to experience "unhelpful thinking patterns?" Why do you think this is the case, and what are some of the negative impacts that result?

4) If you were able to shift your perspective from "positive vs. negative" thinking to "helpful vs. unhelpful" thinking, what benefits do you think you would experience?

5) Do you think recognizing your thinking as "helpful" vs. "unhelpful" will be easy or challenging? Go around your group and ask everyone if this will be easy or hard for them. Then, ask why?

6) Once you are able to recognize certain thoughts as "unhelpful", what strategies will you use to move on and not perseverate on them (think about the strategies offered in section three of this episode).

7) Tell your group at least one new thing (action step) you are going to do or behavior you are going to adopt to improve your thinking as a result of this episode?

8) After others list the "one new thing" of "action step" they are going to do, help them refine that to make it more: clear, objective, measurable, and simple.