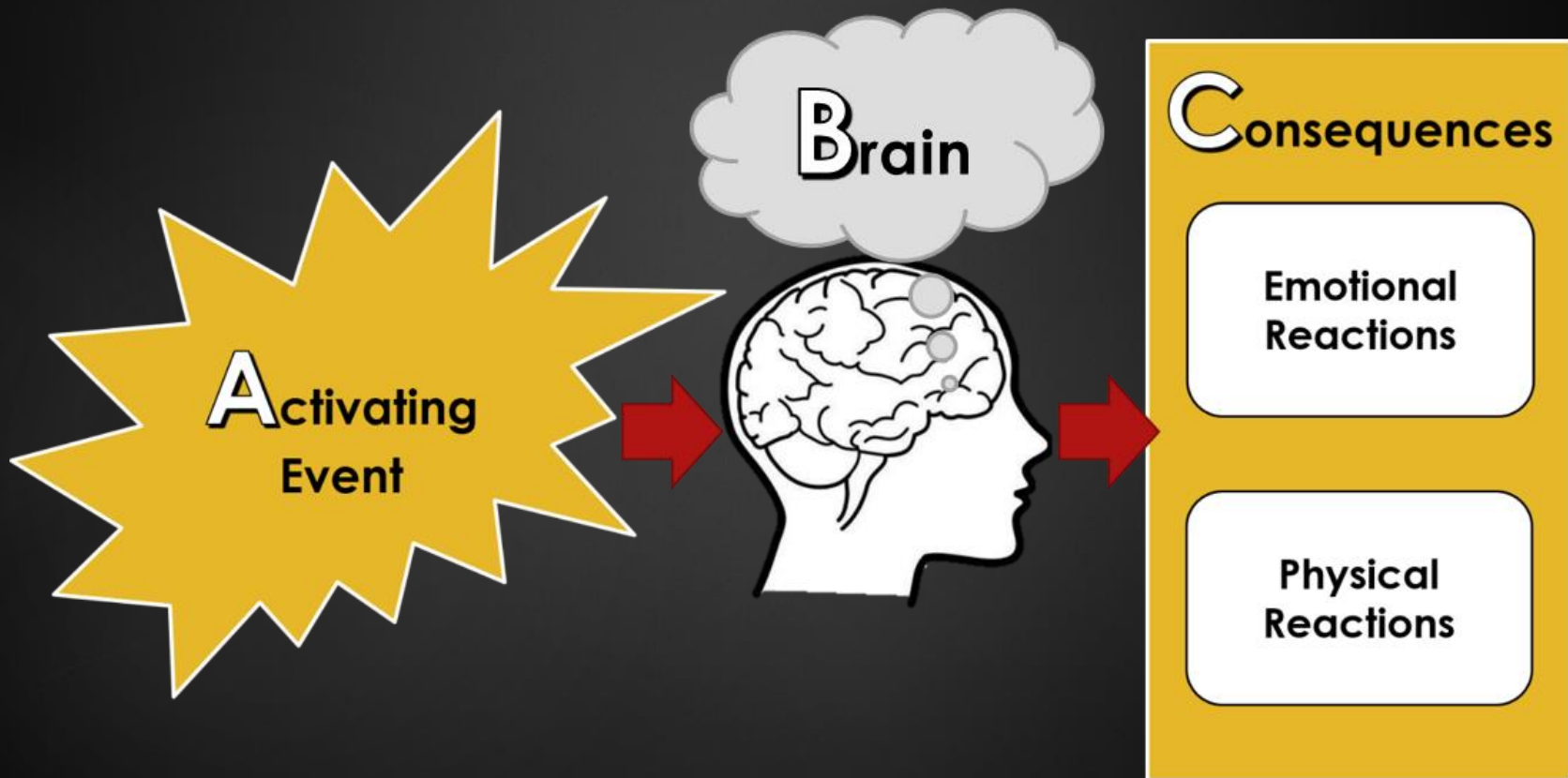# Balance Your Thinking (BYT)

Goal/When

▶ Goal

   ▶ To help you perceive situations accurately and take action based on the evidence

▶ When

   ▶ Your brain is driving reactions that interfere with your performance, values, goals, or relationships

Our brains takes shortcuts

- Sometimes we miss critical information
- We get stuck in cognitive traps, meaning we focus on the wrong information, miss evidence, or jump to conclusions

Jumping to Conclusions

All-or-Nothing

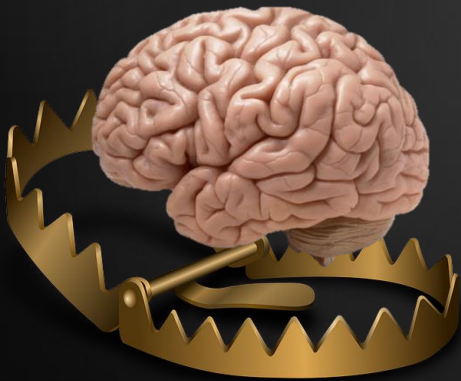Confirmation Bias

Blaming Others

Blaming Self

Mind Reading (x2)

Looking at things in extreme ways

Examples:

- I ate a piece of cake while on a diet. I'm a complete failure.
- Nothing ever works out for me.
- Everything…always…never

Unfortunately, this is how the brain works:

Sir! We are receiving information that conflicts with the core belief system!

Get rid of it.

Attraction to information that confirms what we already believe and ignoring any evidence that doesn't fit.

Example:

Noticing an Airman's mistakes because his previous supervisor told you he/she "messes up" up a lot.

Focusing only on other people as the cause of negative events, and not seeing your own contribution

Example: The morale in your unit is low. You blame the new commander.

Irrationally blaming yourself for negative events and not seeing the contributions of others

Example: My Airman didn't make SSgt because I wasn't a good mentor

2 Forms of Mind Reading

1. Assuming you know what another person is thinking

2. Expecting another person to know what you are thinking

Core Content
3 Ways to BYT

1. Examine the Evidence

2. Check for Double Standard

3. Phone-a-Friend

1.

Examine
the
Evidence

Is there any evidence to support this thought?

Is there any evidence to disprove this thought?

Am I missing any information?

2. Check for Double Standard

Would I judge <u>others</u> as harshly if they did the same thing?

Am I judging <u>myself</u> more harshly than I would judge others?

3.

Phone-a-Friend

Does someone else agree?

What does the individual involved say?

Student Activity

Step 1: Select an A̲ctivating Event where your reactions interfered with PVGR

Step 2: Record your B̲rain's interpretation and C̲onsequences

Step 3: Select one of the unproductive reactions & apply 1 or more BYT strategies

Examine the Evidence	Check for Double Standard	Phone-a-friend

Step 5: Do you need to revise your thoughts based on the new evidence?

Skill Review
Goal, When, How

Balance Your Thinking

Goal:
To help you perceive situations accurately and take action based on the evidence

When:
- **Your brain is driving reactions that interfere with your performance, values, goals, or relationships**

- **You are stuck in a cognitive trap or need to improve decision-making**

How:
- **Examine the evidence**
  - **Is there evidence to support this thought?**
  - **Is there evidence to disprove this thought?**
  - **Am I missing information?**
- **Check for a double-standard**
  - **Would I judge others as harshly if they did the same thing?**
  - **Am I judging myself more harshly than I would judge others?**
- **Phone-a-friend**
  - **Does someone else agree?**
  - **What does the individual involved say?**

Balance Your Thinking (BYT)