 Skillful Thoughts



Self-talk with more thought

*Wisdom is your ability to imagine*

alternatives and judge their likely

outcomes. Just choose to be wise

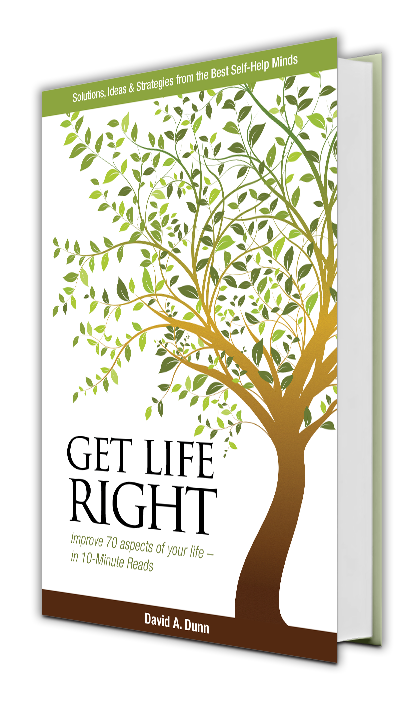
and you’ll make better decisions;

keep at it and you’ll become wise.

Weather your thoughts are right or wrong, helpful or hurtful, they become your reality. Your explanations lead you toward the outcomes you put into them. The common thoughts below that are (underlined) tell you that you can’t. The same thoughts (with the dots) tell you CAN, empower you, keep your life on course and LEAD you toward better outcomes.

Better thoughts come from trying to:

* use accurate facts and the proper emotions for each thought.
* consider carefully the interest and feelings of all others involved
* consider the likely consequences of each alternative
* include the absolute truth about your motivation and capabilities
* note your responsibility, if any, for creating the existing conditions
* note the direction you want this matter to have on your life

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A – Sharpen Your Thinking

B – Plan a Really Exciting Life

C – Get the Most out of Your Attributes

D – Finance the Life You Want

E – Attract People You’d Like to be Like

F – Improve Your Relationships & Marriage

G – Create a Close Family

H – The Best Life You can Have

FS – Full Set

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**Skillful Thoughts**

**Series E – Attract People You'd Like to be Like**

**Underlined thoughts diminish you - Thoughts with dots empower you**

**E-1 • Making Friends**

Getting to know people is hard.

* If I practice my social skills with everyone I encounter, they will become automatic.
* The more interested I can get in what someone else is engaged in the more interesting I will appear to them.

I am stuck where I am.

* Being stuck is a state of mind. It gives me permission to stop looking for alternatives.
* I can choose to be unstuck.
* On every subject there are always far more alternatives than I have discovered.

I seem to be estranged from just about everyone; hopefully it’s just a mood.

* If I do what I like to do, or want to do, other people with similar interests will be there and be more likely to be of interest.

**E-2 • Keeping Friends**

The people I’d like for friends don’t seem to notice that I exist.

* They may be too into themselves.
* I probably would not have liked them, but it will make me pay more attention.
* I must appear different to others than I do to myself. What am I doing wrong
* Maybe these aren’t the type of people I’ll feel comfortable with.
* I will try to become socially engaged with others.
* The way I am has not been working. Maybe it’s time for me to start calling some plays that are different.
* I’m going to concentrate on what I can offer instead of what I can get.

I can’t grow unless I move on.

* If my plan for life is good and it includes opportunities for social interaction, I will trust it and the right people will remain and new ones will show up.
* If this place is unhealthy for me I should have started to get away sooner.

My friends will think I am snubbing them if I move on.

* Wasting my existence here cannot benefit them.
* Showing them how to improve and find better opportunities can.

**E-3 • Making Conversation**

I have trouble getting into conversations because I can’t remember people’s names.

* If I ask questions about what interests them they will think I am good conversationalist.
* Once I get a person talking about what he or she likes, if I ask them to repeat their name it will show I am interested in them.

I just can’t start a conversation.

* A few standard conversation starting questions and a little practice can get acquainted with just about anyone quickly and comfortably.

**E-4 • Making Yourself Irresistible**

The more I want to get acquainted the more tongue-tied I get.

* I’ll look at every attempt to get acquainted with another person as a rehearsal

for the person I will meet next.

* I will ask three questions about what my conversation partner is talking about before I move the subject I want to talk about (Dave’s 3 to 1 rule).

**E-5 • Likability Skills**

I don’t like the person I’ve become.

* The thought of replacing my stale routines with some fresh approaches to life seems very refreshing to me. I’m going to start that adventure right now.

I will never overcome my shyness.

* Four thought can help:

1. To get others interesting in you, get interested in what interests them.
2. I will find the good in everyone and let them know what I found.
3. I will follow Dave’s 3 to 1 rule
4. It is the job of both of us to keep the conversation going. My shyness requires the other person to entertain me and carry the conversation; that’s selfish.

When there are long silences in the conversation, it makes me anxious.

* I will assume it is not because of anything I am doing wrong.
* I will ask my ice breaking questions and listen carefully.
* My conversation partner is probably feeling the same; I can put them at ease by ask them what they’re thinking.
* I will apply some of my conversation-starting questions to a subject I think my conversation partner will like.

**E-10 • Dwindling Romance**

He’s not affectionate.

* + Nobody who lives in my disapproval is going to be affectionate
  + I have not been affectionate with him.
  + Every time he starts a conversation I use it to criticize him, give him to-dos, whine, or remind him of how afraid I am about our finances.
  + I never tell him what a good job he is doing or show interest in the things that interest him.
  + I will start offering ideas on what we can do together that he might consider fun.
  + I will touch him every chance I get.