

HOT LINKS

Three Major Musts:

1. I ***MUST. . .!!***
2. You (he or she) ***MUST. . .!!***
3. The world, the conditions under which I live ***MUST. . .!!***

Trigger:

ALWAYS & NEVER

SELF-DOWNING

AWFULIZING

I-CAN'T-STAND-IT-IT IS

CONDEMNING/DAMNING

Which are Hot Links to:

- ▶ ANXIETY
- ▶ ANGER
- ▶ DEPRESSION
- ▶ Other unhealthy, unpleasant, unhelpful emotions