

Cedric Dean SAVE Institute

Controlling Misguided Thoughts Study Guide

General Principles of Controlling Misguided Thoughts

1. **Optimism** – Optimism is thinking positive. It is a very important key to gaining control of your bad thoughts. When you expect yourself to fail, you put yourself at odds with yourself, which limits your ability to access your full potential. When you tell yourself that you can and will succeed, you tap into your fullest potential and put forth your best shot at success. You can be your biggest fan or foe. A foe is an enemy. So you can be your own best friend, or you can be your own worst enemy. You can think like a winner or you can act like a loser. It's up to you.
2. **Patience** – Patience is all about having staying power, not giving up. The best part of losing is coming back and winning. But a winner never quits and a quitter never wins. With patience, you can find the strength to not give up on whatever you are trying to do, no matter how slow your progress might seem. You should never quit if something does not happen as fast as you might like. Patience helps you think that if you keep on keeping on, your hard work will bring some results.
3. **Purpose** – No matter what you do in life, there should always be a purpose behind it. You should always ask yourself: Why am I doing this? Is it realistic? Is it worthwhile? Is it achievable? If you stand to lose more than you stand to gain, there is no real purpose for what you want to do. And when you figure out that you wasted your time, it will only make you mad. Whatever you do in life always make sure there is a true purpose for doing it. No purpose, no progress.
4. **Passion** – Passion is love. Always love what you do. No love, no longevity. Longevity is long life. You want the things that you do to last. You get out of something what you put into it. Never expect to get more out of anything you are not passionate about. If you are not going to give your all, do not even do it at all. You will get upset when you do not get back what you are expecting. Never expect something for nothing. Always be prepared to work for what you want. And have passion when you go after it. That is the only way you will get the things you want in life.

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Journaling

As you live life, there will be many ups and downs. Journaling is when you keep a record of the journey. You will experience good and bad thoughts. Your journal should include a complete description of what goes on inside your mind as you go through the steps of everyday life and the lessons you learn from doing so.

Write inside your journal using this set up:

Date:

Bad Thoughts:

Good Thoughts:

Event(s) of the day:

Mistakes:

Lessons Learned:

People to Remember:

Things to Remember:

Goals:

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Self-inventory

In order to control your thinking, you must develop a full understanding of who you are as a person. Each of the following questions is intended to help you get a better understanding of how you think and feel about life. This information is for you, so you can be completely honest with yourself.

What do I value in life?

Do I have respect for others?

Do I have respect for others?

Do others love me?

Do I have any goals?

Is there anyone I can trust? (If yes, who?)

Do I have a purpose in life?

Do I have patience?

Am I passionate about the things I do?

Do I hate anyone? (If yes, who and why?)

Is it really worth it for me to hate anyone?

Do I give up fast?

Do I care what others say about me?

Am I in control of my mind?

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Decision Making

One mistake is all it takes. Use those words as a constant reminder whenever you are making a decision. When a situation allows you to choose your course of action carefully, use the following steps to help you recognize the best path to take.

1. Ask yourself is it realistic, worthwhile, and achievable.
2. Ask yourself if you stand to lose more than you stand to gain.
3. Think over the benefits and consequences.
4. How are you going to feel after making the decision?
5. How are others going to feel after you make the decision?
6. Is it something you are going to be comfortable living with?
7. What happened when others made the same decision?
8. Ask for help when you need it.
9. Make a mature judgment.
10. Act at the proper time.

Affirmation and Visualization

- Use affirmations like “One mistake is all it takes”. (Affirmations serve as positive support and encouragement)
- Use visualization to make a mental picture to see yourself or the world in a certain way. (You want to see a mental picture of the outcome from your decision.)

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Conclusion

I wrote your workbook and designed this course because one in five children in the United States has a diagnosed mental problem (the most common is ADHD). Adam Lanzas mother loved her son. She needed help, just like millions of other mothers who try to manage their child's condition on their own. Adam's story is the story of millions of other children whose mental illnesses have gone without treatment.

I wrote your workbook so you can start treating yourself. Mental illness is something most people do not want to talk about until someone with a mental problem does something bad. The reality is that lifetime cases of serious mental illness like Adam experienced begin early – half by age 14. The average delay from the beginning of the illness to treatment is 10 years.

This course has given you an opportunity to look at yourself and identify any mental problems you may have. Do not let anyone make you believe you are crazy. You will always act like you are crazy. You can control your thinking, which will allow you to take control of your life. When your thoughts are uncontrollable you are more likely to do things you really do not want to do. I do not want you to lose control of your mind. Always remember that “One mistake is all it takes”. Just one and you are done.

Your workbook and journal are yours to keep. Use them as constant reminders of the importance of keeping control of your thoughts. Whenever you feel like you are losing control of your mind, do not wait to get some help. Talk to someone who can help you, anyone who cares about you. Just don't make that one mistake.

Cedric Dean
President of SAVE Institute

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Name _____

Date _____

Write an essay explaining how you intend to control your misguided thoughts in the future. Give specific details based on what you have learned from your workbook.

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Name _____ **Date** _____

1. What are three (3) things you can do to control your misguided thoughts?

2. Why is it important to think before you act?

3. If you are having a hard time dealing with your bad thoughts, what should you do?

4. Why should you keep a journal?

5. What can you do to help others control their misguided thoughts?