



THE
WARRIORS PATH

3C

METHOD

capture

"The initial step is to recognize negative thoughts and beliefs that might be causing distress or negative emotions. This requires being mindful of your thoughts and noting them as they occur."

confirm

"The next step is to challenge these negative thoughts by verifying their accuracy and usefulness. We encourage you to examine the evidence and consider alternative, more balanced perspectives."

change

Finally, we work on changing negative thought patterns by replacing them with more positive, realistic, and constructive ones.