
PRINCIPLES UNDERLYING FUNCTIONAL THINKING AND PROBLEM SOLVING

1. Everyone, including you, is loveable and worthwhile just as they are, because they are human. No mistake, crime, or atrocity can remove a person's worth.
 2. It is inevitable for everyone, including you, to make mistakes. It is impossible for anyone to be perfect. Therefore, it is helpful to live your life knowing that mistakes will happen and that these mistakes are a part of normal life.
 3. Everyone, including you, has the capacity to learn and grow. Therefore, what matters is whether or not you learn how to overcome mistakes, not whether or not you make them.
 4. Your capacity to learn to overcome problems is a reason to have hope. People who realize they will be able to learn how to overcome tragedies, conflicts and daily irritations feel great hope because they know they will triumph in living.
 5. The only person whose behavior you can really control is your own. Trying to control the behavior of others is futile and will lead to frustration, disappointment and distressed relationships.
 6. The only things you have to have to survive are air, water, some food, some clothing, some shelter, and some human contact. Telling yourself that you have to have other things (for example, your boss's approval) is unhelpful because it causes you to catastrophize when no real catastrophe has occurred.
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