

Coronavirus and thought analysis

Free self-training

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The Coronavirus. You don't know exactly what it does, you don't know how long it takes, you don't know what the consequences are.
You do not know.

Not knowing is one of the causes of anxiety.
The Thought Analysis Program of the School of Practical Humanities is a tool to deal with fears differently.

Thoughts are fear. The feeling shapes the world of experience.

This self-training was made by us to provide a tool to visualize the thought processes that play a role in feelings of anxiety.

This tool provides an opportunity to exert more influence on these thought processes.

Preface

A lot is coming at us. We are very much in our heads to process all that and give it a place. Thinking about it, it is a big part of our experience and sometimes there is only one choice and that is how you deal with a situation.

- We cannot (yet) know against not knowing, while that is often the reality.
- The subtle difference between knowing and estimating has a major impact on the way of thinking.

The experiences with the recognition of the core ideas are mainly based on feelings of anxiety when applying for a job, threatened dismissal, a performance appraisal, etc. All very different situations than those currently at play. Fear of the COVID-19 virus and its consequences. Different situations, but with the same thought patterns.

That is the reason for us to develop this self-training. It is an aid. No more and no less.

The self-training in a nutshell

The self-training consists of two parts. In part 1 you learn your position in time. You learn to think from the moment, from the NOW. You will discover that NOW is so close that we look over it en masse.

The first part is intended to explain to you as well as possible and to let you experience why you should learn the three core thoughts in part II. That is to first understand the effects that these core thoughts have on your experience.

All you have to do in this self-training, which is at the same time a pitfall because it can seem easy, is to learn to recognize three kinds of thoughts while taking into account two laws of nature.

Two boundaries form the playing field of your thinking. The boundaries between what you can and cannot know.

1. What you cannot know is what will happen in the future. You can only estimate it because often something happens differently than you thought you knew before.

2. What you cannot know is what someone else thinks and feels. Even if you have known someone for so long and so well, you cannot know how they think and with that, you do not know how they will react. You can only estimate that too.

With that in mind, you learn to recognize and value the three core ideas. To revalue, you can think about and adjust the recognized core idea. That is a new choice.

Still unconsciously, with certain thoughts, you cross the boundaries of knowledge. These particular thoughts are called core thoughts.

It is the core thoughts that direct thought processes in a certain direction and can already cause you to feel fear about something that could happen in the future, or how someone else might react.

With three core thoughts below, you build up to worry, stress, and fears.

1. Unanswered questions
2. Forward-Looking Beliefs
3. Unrecognized fantasy thoughts

Learning is similar to learning to recognize road signs. For the recognition of a traffic sign, you first mention the characteristics before learning.

Then you learn the description and meaning.

By repeating that in your head it comes into your memory. The more you repeat it the stronger it gets. Later you see the sign and without thinking you know in a flash which road sign that is, what it means, and how to respond to it. It is the same as the three core ideas. You can stop your stream of thoughts by recognizing it.

By repeating that in your head it comes into your memory. The more you repeat it the stronger it gets. Later you see the sign and without thinking you know in a flash which road sign that is, what it means, and how to respond to it. It is the same as the three core ideas. You can stop your stream of thoughts by recognizing it. Depending on which core idea has been recognized, these are the reactions you learn to give.

When a question is recognized.

"Hey, that's a question." "I know the answer." "Can I know this?" (Unanswered questions).

When recognizing a belief.

"Hey, that's conviction." "Do I know this?" "Can I know this?" (Forward-looking beliefs).

When recognizing a fantasy thought.

"Hey, that's a fantasy thought." "That is one possibility."

"Now that I know that I can think of more possibilities."

(Unrecognized fantasy thoughts).

It starts with the possibilities and impossibilities that we have with our thinking, with the emphasis on the impossibilities.

The playing field of our thinking

With the two limitations that we cannot know what the future holds and we cannot know what another thinks and feels, the limits of the playing field of our thinking are formed. We can know within these limits. We can think or invent thoughts that fall outside this limit, but we do not know.

We think we know something that we cannot know with the impossibilities of our brains. We can think of anything. We can think we know what the future holds. We can think that we know what someone else thinks or feels, and thus how another will react.

That is exactly what we do. We think we know. It seems that people have a chip in them that contains a software error. A software error that people have to adjust themselves. The mistake of not realizing that the possibilities of his thinking are limited. A mistake with many consequences. A mistake that holds back our liberation. A liberation that we can now achieve ourselves.

And then someone asks themselves the question: "Why does this happen to me?" That question starts thinking. We seek cosmic laws of cause and effect. If there is a reason, at least it is still possible to focus on something.

Are you doing something wrong and are you being punished for it? Is it a lesson you should learn? Is it your destiny? But what is that, your fate? Is your fate fixed, or is it feasible? All questions whose answers cannot be found within the playing field of thought.

We go unnoticed beyond the limit of knowing, looking for answers. Beyond the boundary of the playing field, we enter the world of "thinking without knowing it". The area of three core ideas. There we create fears, uncertainties, feelings that arise with the core thoughts.

Beyond the boundaries of the playing field, we spend much of our lives. In our head. Caught by the error in our thinking. Worrying, grinding, and worrying is what we notice.

Because we are not aware of that limit, we continue to know thinking and live most of our lives in our heads. We build expectations on that. That's where we dream. We find it right there. There we think we will find answers, solve puzzles. It cannot be otherwise, is the highest conclusion we can find. Many of us experience it as security.

It will be a "positive" expectation if you want something. A "negative" expectation if you look up to something.

Then something you want will not come true. Something is canceled or it is very different. Then we feel the disappointment, part of our suffering. The suffering of the

unfulfilled expectation, which we have unconsciously created with core thoughts.

If it was something you were dreading, which was not so bad afterward, then you have been bothered or worried about nothing for a while. What a waste of time, energy, and a big word; joie de vivre. You have unconsciously fed your world of experience with core thoughts that take you from reality and bring you into a fantasy world. To breakthrough that you start with the past. With memories that arise and negatively influence your experience. Do you also have nice memories? Just keep it. It is about the memories that still bother you. The approach here is: looking back and learning.

The recognition that the past is over

The past is over, what you can learn from it. Give memories a place. Maybe you've been through a lot, maybe you've suffered. It's over when you give it a place. Otherwise, it will continue to haunt and torment you.

This can be an aid. Past events can stop you from feeling good. Give it a place. Do it for yourself. Even if you are right, the victim is right. What you can learn from the past is to learn from it.

Exercise: looking back and learning

A memory comes up and with it the "old" feeling. The breakthrough this by asking the question: "what have I learned from this". Think about it. Take your time. Think of something for the future that you get along with.

For example, I used to be bullied. What did I learn from this? I want to treat people well. If the memory comes, you say thank you, I have already learned that I want to treat people well. The past event has become a message.

What you do with that is that you stop or interrupt the thought process. You do that before the old feeling that that thought evokes overwhelms you. Old, because thoughts have been formed in the past.

You may have to do this several times as the memories keep coming. But you can see it getting less until eventually, only the lesson remains. Don't forget thanks.

Think of something you have learned that will help you now and in the future.

Examples:

- I've learned to say no before, thanks. If the memory comes, say: I've already learned to say no before, thanks.
- I learned to set limits, thanks.
- I learned that you should treat people differently, thanks.
- I learned to be more open, thanks. Etc.

Do this for every memory that still bothers you. Purify your thinking. Again and again, comes the realization that the past is over and that is reality.

Again and again, you come into the NOW, into reality. Then you look at or think about the past, without sinking into it. Give the past events the place that will help you. Give them a place in your memory.

Tilt them from bad to good. Good for you.

I have already learned to, thanks.

With now as reality, the past is over and the future is yet to come.

The limit of knowing what the future holds.

We already live in the NOW, when we think we don't realize it. If you ask someone if he or she knows what will happen in the future, the answer is usually no, I cannot. If only it were true, is a common response.

If you then listen to statements, you can hear that the awareness is gone.

There is an error. With our thinking, we shoot in all directions. To the past, without us realizing at that moment that the past is over. To the future, without realizing that what we think about the future is not yet a reality and what we think about the future is only one possibility.

That is how our thinking, which is our best protection, has turned against us, and perhaps it has always been.

Thoughts about a future situation evoke feelings. A pleasant or unpleasant feeling, depending on the thoughts that arise. A feeling based on what is currently being thought. Not based on reality, because the future is not there yet.

Thought of the future can also evoke fear. Especially at this time. With all that information about Corona and all those questions.

As an example. "Then I lost everything, everything was for nothing." That's a thought that can come up. The effect can be anything. Tensions, fear, gloom, short fuse, worry, stress. In short, you are weakened.

You cannot change the situation. You can do something with your thoughts. It is one way of breaking through how you deal with it.

"Then I have lost everything, everything has been in vain" is a forward-looking belief, one of the three core ideas. It is thinking to know. Maybe it will come out too, but you don't know that. You don't know if everything was for nothing. But that's how it is in your head. If the thought that came up comes back a lot, the circle is created. The worrying and the feeling that goes with it Perhaps with: "it can not be anything else than", as substantiation.

Fear of the virus, fear of the consequences, fear of loss. Fear of adversity, illness, death. The more we are concerned with the future, the more uncertain it becomes. We are nevertheless looking for certainties in this.

And sometimes we even think we find certainties. It cannot be otherwise than, as substantiation.

Exercise: Recognizing thoughts about the future.

Think of 10 thoughts that refer to the future. Think of later, tomorrow, and further in the future. What will happen and how will it work. See later what came out of it and what didn't. If not everything comes out, then it is the confirmation that you cannot know what will happen in the future. The more you say this to yourself, the more your brain will know it is. That is grinding.

The past is over, the future is yet to come, in line with the natural law: you cannot know what will happen in the future. The next chapter is about people. People in your immediate environment and around the world. When you learn to recognize the three core thoughts you can hear them everywhere, worldwide. Via TV, the internet, the core ideas come from all sides.

The limit of knowing what someone else thinks or feels.

How could you know what someone else is thinking?

By looking closely at someone? It is difficult to think of something that makes it possible to know what someone else is thinking. That is not in the ability of man.

We can't know what someone else is thinking, but we think it anyway. "He does." "He never does that." "Then they certainly think that ..." "I know exactly how she feels."

We think we know it very often.

Just like thinking about the future we also get here a feeling. A pleasant or unpleasant feeling, depending on the thoughts.

Also, think about how you think about yourself. Probably inimitable at times. You can be angry with someone. Even keep entire dialogues in your head. To later think that you were thinking very strangely. Nobody knows that, only you. Others cannot know what you are thinking and you cannot know what others are thinking.

That is one reason that you cannot know how another person reacts or experiences something.

How could you know what someone else feels?

"I've been through the same thing, I know exactly how you feel."

Again the question: "how do you know that?" Arguments often arise such as: "I have known him or her for a long time, or very well." However, it does not always come true. That's weird if you first thought you knew for sure how the other would react.

"He'll feel guilty," is one such thought. While this is not the case in the weekly. It is thinking to know.

Even if the situation sometimes looks like something you have experienced yourself, the other person's feelings about it can still be quite different.

The pitfalls of learning

- Thinking too quickly that you know and have mastered it
- Underestimate that it goes against a learned thinking pattern that you already have from about your fourth year. From the moment you started thinking in words.

The two pitfalls can ensure that, by recognizing the three core thoughts, you indeed control it at that moment. However, the ingrained old thought pattern can quickly take over again. What you can set against it is also grinding the recognition. Just like the traffic signs, by practicing it all the time. Repeat over and over again.

Innate or learned

Feelings of anxiety seem innate. An old survival mechanism that is in man. Something you have to learn to live with. It seems to belong to humans.

Because, "won't you be afraid of" .." and then all those situations and events will come along that a person can encounter.

Our research indicates something else. This makes it clear that the suffering of man is partly learned through fear. In part, because fears can also have other causes. Dust too much, dust too little, congenital, allergic reactions, physical and other causes that lie in a different area than the thoughts. In our opinion, how this is taught happens in early childhood. It is the three kinds of thoughts, three core thoughts, that we have learned in learning the language.

Thinking in language

The language with which we think consists of the codes developed by man. A mother walks with her small child through the park. "Look," she says, "that's a tree." When she walks through the park again and the child calls tree, the mother is pleasantly surprised. She passed on a code. Just like her parent (s) and ancestors did. The beginning of naming and transferring the codes. "House, tree air, etc. Thus, as a child, a man learns the codes of the language and thinking begins.

In addition to learning words and sentences, the child also learns the way of thinking of the parent (s). The child sees and hears expectations and also learns to have expectations. It sees and hears the disappointments of the unfulfilled expectations. The child also learns to have disappointments. The child sees and hears the fears and worries and also learns to suffer from feelings of fear.

The child sees and hears how adults deal with setbacks, their dreams, and their fears. The child also learns to do it this way.

So we learned to think that way. That allows unlearning it, or perhaps more accurately to adjust the thinking.

The build-up of anxiety

The thoughts with which we unconsciously evoke or reinforce feelings of anxiety are the three core thoughts.

Three kinds of thoughts, among all the thoughts we have named. Three new codes in the language. By naming these core thoughts, they can be recognized. They can be recognized by you when you think. In another, they can be recognized if you listen to statements.

Information comes from all sides

Newspapers, internet, and TV are sources of information in which the three core ideas can also be recognized.

With this knowledge, it is possible to recognize the core thoughts between all that information and to test them with the two limits of the possibilities of our thinking.

With scientists who, with their statements, must remain within the limits of the playing field of our thinking. After all, you will find it there. With the context of the two boundaries of the playing field of thought, you can hear how and when they cross them. "When you have had the Coronavirus, you have become immune to it," is an example of this. It is an estimate, based on previous experiences. No knowing, but that's how it is sometimes brought.

Politics, with a statement like "people understand that", while you cannot know what someone else is thinking.

Critical listening ensures that you notice a core idea earlier and therefore get a better idea of the truth and reality.

Stay in it now if you think

Now

With the statement, we already live in the now only our thinking does not know this, a new way opens. Unlike the way of meditation, an Eastern angle with which we try to get into the now, this is recognizing the way of those thoughts that take us out of them now. Another angle. Not better. Perhaps best described as a Western way of getting into the now.

Our body and everything around us remain in the now. That is the reality. It is our thinking that is moving in all directions. It is therefore our brain that has to learn to stay in the present as much as possible or to return there. This can be done by being aware of the limits of the playing field of our thinking. Then thinking about the past and the future is only thoughts and not (yet) reality. Thoughts and reality are still mixed up.

By learning to consciously go beyond the limits of knowledge with words, going beyond those limits becomes a conscious process at some point. Even then you think about the future. Makeup or think of everything. Make something, develop it, devise plans, all meaningful. The big difference is that you know you cannot know and that gives you peace of mind. More peace in your head and perhaps more peace in your body because you stay in reality. The reality of the moment. From now.

It may not seem like much, but recognizing reality is already a big change in what we are doing now. That is trying to understand unceasingly and trying to get hold of situations. We seek the safety of predictability. Something that cannot be found in reality.

We are more than our thoughts, but we have forgotten that through our thinking. We have become our thinking, while our thinking is nothing but the codes we use as humans. Once intended as a survival mechanism, the tool has become our identity.

It seems we can't handle reality. It seems that thinking ahead is not only intended to develop us, but also to protect us. We protect ourselves against the people around us and reality.

The recognition of the now.

This is the core exercise that allows you to easily return to them now. Therefore, this exercise grinds into your system by repeating it a lot. At home, when you walk, in the car, train, bus, bicycle, etc.

Other terms for the now are, in the moment, or reality. The last term, in reality, has the advantage that it describes the situation well. After all, the past is over and the future is yet to come.

Exercise: The recognition of the now

Sit somewhere in the middle of a room. This gives a good picture because the past and future are just as far away or just as close.

Look to the left and imagine the past is there. You just need to say to yourself, "That's the past, that's over." Think of what you did an hour ago where you were. That gives a memory of the past. If there is a memory, think, "That's the past, that's over." Think about last week, last month, think about memories from the past with that one sentence. "That's the past, that's over."

Then look to the right and think, "That's the future, it's yet to come." Think about later, realizing that you are not sure what will happen next. Depending on your situation, a phone may ring, you see or hear a message, everything comes at you. You don't know what and when. Can't you know? Think about tomorrow, think about next week and then you may realize that you don't know what's going to happen. What comes your way.

Then look straight ahead. Say to yourself: this is it now, this is reality. With the past and the future as context, you see and experience reality. That's your position at the time. This way you look at situations. The reality is in the moment that you are aware of it. Learn to think from now. From reality. For that, it is necessary to do and repeat this exercise.

This is it now, this is reality. Use this phrase as often as possible in any situation. This brings that awareness more and more into your brain and you also return to the now. To reality.

Then you can start thinking and estimating or believing when it comes to the future and what someone else thinks or feels.

To recognize the three core thoughts you must have knowledge and awareness of the two laws of nature and the now, reality. Together this forms the context against which you can compare the three core ideas.

Part 2.

Recognize and revalue the three core thoughts.

The three core thoughts make you go out of reality. It is these thoughts that can take you beyond the limits of knowing.

Many recurring core thoughts have been ingrained. Some you have to cut out.

This means that you can come across the same core thought several times with the same memory or thought of the future. Repetition can reduce recurrence.

When you hear a key thought spoken by someone else or recognize it by what you read, pay attention to the effect of this statement. That promotes recognition.

1. Unanswered questions
2. Forward-Looking Beliefs
3. Unrecognized fantasy thoughts

Cor thought 1. Unanswerable questions

An unanswerable question is one that we cannot find an answer to because the two limits of the playing field of your mind make it impossible to find the answer.

The two limits:

1. We cannot know what the future holds.
2. We cannot know what someone else thinks and feels.

Asking yourself questions or asking yourself something is an important part of our world of thoughts. If you don't know something, you can ask or look it up. Then it is about the questions to be answered.

Among all the questions you ask yourself are also questions that are not answered, because we cannot find these answers due to the two limitations.

What happens in someone's head when he asks himself a question? For example the question: 'Where have I left my keys?' The voice in your head, or you using the voice in your head, asks that question. Your brain searches for the answer and focuses on memory. This usually results in an answer. It was an answer to be answered.

Otherwise, it goes with a question like, 'How will she or he respond?'

The same kind of thinking process gets underway. However, the answer cannot be found in memory. At most some memories about statements, but you don't know it yet. Even now you can estimate and thus stop that thinking process. The effect is usually different. The question continues to circle and you may be asking yourself more questions.

'She'll understand, won't she?' 'Does she surely know how I feel about it?' 'She's not going to be difficult, right?'

The brain continues to search for the answers. It is getting busier in your head.

And then something happens. Instead of answers, there will be unrecognized fantasy thoughts and future convictions. 'She surely understands that' (a future conviction) can be a conclusion. That gives peace.

Unrealistic rest, because in reality, someone can react very differently than you thought. The reality is that you don't know how the other will react. In this case, you cannot know how another person thinks.

We cannot (yet) know against not knowing, while that is often the reality. You only have to look at your life and you can already know that things often went differently than you thought. But if we think we know for sure something, it gives peace. If you understand it, you can place it. Otherwise, it just keeps going through your head. It does control you. Questions that linger and can come back again and again.

Are you looking for peace with that? In part, yes. The silence after the answer as a reward. That is what we do, looking for peace by knowing and understanding. An ongoing process, the contradiction of thinking and living. People with stress, burnout, shyness, insecurity, fears, but also people who worried, recognized the questions that started that thinking process. Often the unanswered questions were the source.

That is the destructive effect of the unanswerable questions. They drag you in your head and it is hard to get out.

The unanswerable questions form the basis of thinking in circles. Howling in your head. Looking for answers you can't find. A lot of thinking, worrying, grinding is the result. And of course, the feeling that comes apart.

Take your age, subtract 4 to 5 years and you have the number of years you ask yourself questions, including unanswerable

questions. That way of thinking has been ingrained for so long. That is why repetition of the recognition is so important.

Examples of unanswerable questions

Why does that have to happen to me again?

Why is life so difficult?

How would it react?

Will it never end?

Would I ever be lucky again?

Do they think I have nothing to do?

When does she listen?

Do we always stay together?

Will I not be blamed for that later?

Is there no one to be trusted?

What would they think of me?

Why don't they respond?

Would I keep my job?

Coronavirus questions:

How long will this take?

You can't know that, because this is about the future.

Young people are much less affected.

You cannot know that, because you cannot know what someone else feels.

Why don't people keep enough distance?

You cannot know that, because you cannot know what someone else is thinking.

Shall I get it too?

You can't know that, because this is about the future.

Exercise: Recognize the unanswerable questions

Two ways to learn recognition and to revalue the core thought. See which one suits you best.

First way:

It is necessary to exercise your brain the first way is to write down questions. This can be done as follows:

Think of 25 questions and write them down. Don't mind the possibility of answering or not answering yet. Ordinary questions that you think up on the spot. The desired number was established during the investigation. It turned out that a smaller number did not have the desired effect or less, namely becoming aware of the questions when you think.

One by one, ask yourself any questions you have written down. So think question by question. If you have a question in mind, think, 'hey, that's a question. Do I know this? Can I know this?'

Think of the playing field of your thinking. If the question is focused on the future or on what someone else thinks or feels, you know that you cannot find the answer. No matter how long you think about it. If this is the case then say in your mind, 'I don't know, I can't know?'

Second way:

Instead of writing down questions, you can also choose another way.

That way is to always consciously ask one question and then respond with: 'hey, that's a question, do I know the answer, ...'

can I know this'. Finish this with a conclusion and then take the following question. Then another question and another question. That's practicing.

Whichever path you choose, write it down or think of it in your mind, the goal is that you repeat it for so long that it is 'in your system'. You can tell if this is the case if you listen to other people and recognize the questions.

If so, ask yourself if there is an answer to the question you recognized. Think of the playing field of your thinking. By recognizing a core thought, you have stopped a thinking process at the source. When you can do this, you have also found a way to recognize the other two core thoughts at the same time.

What happens when an unanswered question is recognized is:

- That you interrupt a thought process with the recognition.
- That the feeling that comes up differently is not nourished by thoughts.
- That you then get a choice: think it through or not.
- That with the recognition you go back to the present, to reality.
- That you think from the now, the reality.
- The concept: I don't know, I can't know, it is getting into your system more and more.

Practice this well before continuing. You also practice the way of learning that facilitates learning to recognize the following two core thoughts.

Cor thought 2. Forward-Looking Beliefs

1. We cannot know what will happen in the future
2. We cannot know what someone else is thinking

Definitions

A forward-looking conviction is thought about the future that man experiences as knowledge and thus creates a false reality.

Every forward-looking belief is a fantasy. The difference in nuance with the unrecognized fantasy thoughts is the 'certainty' which determines whether fantasy is a belief. The emphatic is exactly what you often notice. Often just a little more emphatic or slightly more intense. Sometimes even followed by knowing for sure. Due to the recognizability of this core thought, the forward-looking belief is described separately.

Body language can also change when expressing a conviction. An arm movement with, for example, a statement such as: 'of course that will continue', a hand movement with: 'she will not do that anyway', in short, more movement is visible. It's as if someone then somehow has the idea that something is not right. So it is.

'If you do your best at school,' someone tells the child, 'then later you can buy a very nice house and a nice car.'

'I wish I was grown-up' says the child, 'then I will be very rich and then I will be very happy.'

The thinking pattern is passed on like a virus, just like people used to do this to you.

Exercise: Recognizing Forward-Looking convictions

Just as with the core thought of unanswerable questions, you also have two ways at your disposal for the future-oriented beliefs to recognize and revalue this core thought.

First way:

Write or devise a forward-looking conviction 25 times.

Go to the first line and say the first belief in your mind. Then say, 'hey, that's a conviction' Do I know this? Can I know this?' Think of the playing field of your thinking. If you realize that you cannot know the answer, then say in your mind, 'I don't know, I can't know.' 'It is a forward-looking conviction.'" To finish the 25 beliefs.

Second way:

The same as with the unanswered questions, you can choose to always have one belief in mind. When you have done that, react consciously with 'hey, that is a conviction. Do I know this? Can I know this?' Then draw your conclusion. Then another conviction and again. Until you feel you have learned the recognition enough.

Then listen to others with this knowledge and discover the convictions. Also, pay attention to the physical reactions when expressing a belief. Then you see it emphasize.

Examples of Forward-Looking conviction

It will be alright.

They do.

They never do that.

I am sure I will succeed.

I am never mistaken in people.

If you want it, you can.

They never fire me.

My child would never do that.

I am sure I will find out.

They really can't miss me.

They don't take me.

It makes no sense.

You can do that.

Coronavirus and Beliefs

The danger is exaggerated.

How do you know that? Can you know that?

Making a vaccine takes at least another year.

How do you know that? Can you know that?

Everyone is infected

How do you know that? Can you know that?

The virus disappears by itself

How do you know that? Can you know that?

As with the unanswerable questions, the thinking process ends with a forward-looking conviction in: I don't know, I can't know. With that, you go back to the present. Back to reality.

Learn to think creatively and neutralize the feeling
The core thought 3. Unrecognized fantasy thoughts

1. We cannot know what will happen in the future
2. We cannot know what someone else is thinking

Definitions

A thought about the future and about what someone else thinks and feels is a fantasy thought. You can think about it, but not know it. Every fantasy thought is one possibility. When you know that, you can think of more options. That is the core of the unrecognized fantasy thoughts.

You think about something that will take place in the nearby or further away future. The reason can be anything. Information that comes your way. Something you think up spontaneously. Or it is a certain event that makes you think.

While you are thinking you are out of reality for a while or longer. 'You are stuck in your head' and at that moment you perceive less sensory. You think of it.

A little later, when you are thought out, it is as if you come back again. You see everything again, you hear again, you perceive the world again.

But how do you get back?

Something may have changed because what you just came up with has generated a feeling. Is that a negative feeling, then you have that in the present. In reality. You have just created that feeling yourself with thoughts.

It can also be a pleasant thought and then it can make you feel good. You are back in reality with a good feeling. What can then arise is a feeling of loss. Just like in school when you looked outside. What you imagine, the fantasy world is different from reality. If only I were.. and you dream away. If only I had.. and you dream away. If ..., and you dream away. The reality you come back to is different from your world of thoughts.

The recognition of the core thoughts

If you recognize the thought as an unrecognized fantasy thought, then something can happen. With the recognition, you know that what you think or think at that moment is a fantasy.

With the recognition, you can realize that that fantasy is only one possibility. Then you know you can think of more options. By coming up with more possibilities you neutralize the emerging feeling because you cannot have a feeling with $5 + 1$ possibilities.

Expectations

Disappointments can only exist thanks to expectations. The stronger the expectation, the greater the disappointment if the expectation does not come true. Man expects something

in the future, while he cannot know what will happen in the future. In this way, man builds up disappointments. That's how he makes mistakes. That's how he demolished himself. You only have to think about your past to find out. Because how many times in the past have you thought that you would always be friends with someone, or that you would never succeed, that a job went ahead or not, that you could always trust the other person. And how often have you found out that you were wrong? While you knew for sure at the time.

Then that 'weird' difference comes back between how you think and talk about the future and what someone else thinks or feels and just answer the questions: 'Do you know what will happen in the future?'. 'Do you know what someone else thinks or feels?' You can't. When you think and talk, there is little or no awareness.

Every forward-looking thought is a fantasy

Therefore, the statement that every forward-looking thought is a fantasy and therefore one possibility. Simply because the situation is not yet a reality.

Back to the present, reality, and thinking of more possibilities there will be opening a new world with a different feeling. A sense of space, because then there is a spectrum of possibilities for you that you have invented and that you were not aware of before.

So when you start to recognize a certain thought as a fantasy and then realize that that thought is only one possibility, you learn to think in a more focused and creative way, by thinking up more possibilities.

Thinking in possibilities

A way to deal with situations differently.

Fear of the future. An increasingly heard sound. People who were tensed recognized that it was also getting busy in their heads. There is a connection between physical tension and thinking. They also felt pressure on how a situation would turn out.

What someone else thinks or feels is also a fantasy. As a person, you cannot know that either. That is why you cannot know how someone else will react, or think the way you think at the time. Why someone doesn't call, doesn't respond. You can't know. Thoughts that claim the opposite give you a false sense of security and therefore a false feeling.

It is quite a few thoughts that we spent on. It is part of all that pressure in our heads because there is some doubt somewhere. And that doubt must go away for our brain. Completions can ensure this. "If he reacts like that, then I know how he feels about it."

The explanation found in this way can give peace again. Even though it is still so negative. Rest until the real answer comes from what matters. Sometimes that answer is consistent with thoughts. Sometimes not at all. Then you worry about nothing.

Instead of all those tiring thinking processes, you can also topple it to a way to think better, calmer, and above all more creative.

Fantasies are great, as long as you know it's a fantasy

Everything we come up with starts with a fantasy. You come up with a house, make a drawing and then there is the result. The fantasy has come true. Thus, everything around us, created by men, once started as a fantasy.

Otherwise, the fantasies that take place in our heads and draw us into the world of what it could be like.

Two words. 'Suppose that' or the word 'if' is enough to spend hours of thinking. A fantasy world is created with those two words. A world is different from reality.

For example, there are still some of the words such as 'imagine that' and 'if'. Maybe, I think, they think, I wish... "are other words.

With the 'old' way of thinking you think about how something will continue. You can get a feeling for that. A good feeling, but also a bad feeling. This feeling partly determines the direction you then go further with your thoughts.

With the 'new' way of thinking, besides the thought you recognized as an unrecognized fantasy thought, you think of other possibilities and you also think of $4 + 1$ possibilities.

The $+1$ is the possibility that you cannot think of at the time. Because how often does something you didn't think of happening? With the $+1$ you at least take that into account.

With $5 + 1$ options, unlike a conceived option, you have no feeling. Because you cannot have a feeling for several options that you will come up with. Just try it out.

You approach the problem or issue from the present, the reality. You do this by thinking about it. Thinking in possibilities. Because that is what the future consists of. It can be good and it can go bad.

You do not know what options come true, you cannot know. You can think about every possible 5 + 1 option. This way you teach yourself to think creatively. That's how you treat yourself. That's how you deal with your life. More is possible than you can imagine now.

The future consists of opportunities that come your way. What you can put against it is to think of possibilities yourself. These options are also subject to the two laws of nature. Instead of misplaced certainty, you can be happy with every possibility you come up with yourself.

In addition to more creative thinking, 5 + 1 also provides more overview. You think more out of reality and you think in different directions. The conclusion that can keep coming back is the thought: "I don't know, I can't know, but there is more possible than I would first think." That gives peace and therefore a good position to think from there.

As an example a conversation. Someone says, 'I think the Coronavirus will last a long time.'

If you look at more sides of the matter, you will see more possibilities. Good and bad, because that's the reality,

Option one, 'I think the Coronavirus lasts a very long time' is an unrecognized fantasy thought and therefore one possibility. It can also be different.

Option two, 'a vaccine is coming soon.' You don't know for sure and if you don't know, anything is possible.

Or possibility three, 'there will be another method that will make the virus disappear'.

Option four: 'the virus will never go away', that is also an option.

Option five: 'we are all going to be infected'. Because it's about the future, you don't know that, you can't know that.

Possibility +1: something that can happen that you cannot think of yourself now. It is just an example, but with a little imagination, you can put many examples on it yourself.

Exercise: An aid to the methodology:

Take your hand with five stretched fingers. Your thumb is the unrecognized fantasy thought that you have recognized. That is option number one.

Then consider four more options. One for each finger of your hand. Then take your thumb from your other hand. That is option number six, which is $5 + 1$.

Number six is the possibility that you cannot think of at the time.

If something happens that you could not have come up with, then you have taken it into account.

$5 + 1$

1 = unrecognized fantasy thought. - 2 - 3 - 4 - 5 +1 are possibilities

You may think of more possibilities, but as long as something happens that you have not foreseen, +1 remains infinite and with that a confirmation of 'I don't know, I can't know' (Playing field).

Some of the people had trouble coming up with more options and wanted to stop at three. Just as if the brain resisted. This has nothing to do with intelligence.

When questions were asked, it became clear that being rid of the previous feeling was to blame for this.

When thinking of two or three options, the previous feeling already disappeared. People who did persevere and continued to practice regularly showed that their creative ability noticeably increased, but also increased their ability to put things into perspective. 'I'll see, I don't know,' was the sentence they often brought back.

The experiences support the advice to do this exercise as often as possible until it is in the system and therefore in your brain.

Unrecognized fantasy thoughts and the effects they can have

With the 5 + 1 method, you can also tackle several fears in addition to more creative thinking. Where first you had fear in your mind by the thought of what might happen or how

someone else will react, you neutralize those thoughts by thinking in 5 + 1 possibilities.

What is also possible is that it starts with a feeling. For example, you wake up with a completely different feeling than you had when you went to sleep. You get up and you feel restless. Thoughts are not yet part of it.

Thinking about the feelings of restlessness you have, you can subconsciously strengthen the feeling by sticking it to a situation.

In coaching and training, they played an important role in worrying, stress, burnout, embarrassment, uncertainty, etc.

Thinking in possibilities, it gives you a broader view of the world.

Exercise: Write down or invent 10 unrecognized fantasy thoughts and work them out with 5 + 1.

Examples of unrecognized fantasy thoughts

If you want, you can do it.

If you believe in yourself, you can do anything.

If I do my best, I will keep my job.

If you learn well, you will get there.

Suppose they say no.

Suppose he is infected.

If it reacts like this, then it is not interesting.

If the company has to downsize, I will be the first.

I think she's showing off.

Maybe I better shut up.

I wish I was rich.
Maybe I'll win that prize someday.
It would have been better if I had interfered

Hey, that's an unrecognized fantasy thought. It might be. It is a possibility.
Now that I know that I can think of more. 5 + 1.

Coronavirus and fantasy thoughts

Suppose the virus mutates and becomes even more dangerous
It's possible. *The virus can also become weaker. Does not mutate. It can disappear. Be overcome. +1 Or something I can't think of now.*

If I get it with my health, I don't survive.
That's possible. You can also survive it, become even more unhealthy, actually become healthier, not even notice it. +1. Or something I can't think of now.

Maybe this is the end of the world.
That's possible. What is also possible is that there will be a better world. That the awareness of the world around us is getting stronger. That it develops people further. That we have almost forgotten it after a while. +1. Or something I can't think of now.

I think it will come back.
That is possible, it is one possibility. Another possibility is that it never comes back. Comes back to a lighter degree. Comes back in another form. People no longer suffer from it. +1. Or something I can't think of now.

Ultimately, as with the unanswerable questions and the forward-looking convictions, the thinking process with unrecognized fantasy thoughts ends with: 'I don't know, I can't know'. This is how you learn to live with 'I don't know' if that applies.

Finally

You have completed the program and you know. Practice with the sentence: "This is the present, this is reality." You decide where and when. Stop by recognizing one of the three core thoughts and assess whether you want to revalue them. If something is playing at that moment, remember that.

The more you are busy with it, the more likely you are to recognize core thoughts. That's how you help yourself.

You will not always notice every core thought. A question for example.

But then there is a fantasy or a belief behind and you notice it. Then you have stopped the thinking process for a while and that is the intention.

Also, listen to the statements of others. For example, you hear a forward-looking conviction. "That will continue, they will.

And you automatically think: hey, that's a conviction. Does he or she know that? Can he or she know that? You may ask, 'How do you know?' Chances are you will get back: "I don't know, I think", or words of similar meaning.

That puts the statement in a completely different light.

You hear another say: yes, but imagine that.... And you think: that is possible, that is one possibility and you still consider $4 + 1$.

Listen to a talk show and discover the three core thoughts. You then listen more as a spectator. In this way you also learn from others and that all benefits your way of thinking.

Learning to live with 'I don't know' is the main message of this story. I don't know, when it comes to the future, what someone else thinks and feels.

The Thought Analysis Program (GAP), of which this booklet is part of, is a tool. A tool to think about your way of thinking and to do something with it to balance it. It is a tool for filtering thoughts.

The position of reality, the present, is the most important basis for recognition. That recognition of the core thoughts allows you to go back to the present. This is now as you read these words. This is the reality of the moment.

You come home in your head. And things may get calmer there. That there is awareness about the past, the future, and the present, the reality.

I don't know, do you hear yourself say regularly and it is quiet in your mind. Fears for the future are less and may disappear completely because you do not know how it will go. You realize that more and more.

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