

PRACTICAL USE OF THE FIVE
CHARACTERISTICS OF RATIONAL THINKING

1. Is this thought true?
2. Does this thought lead me to protect my life?
3. Does this thought get me what I want quickly?
4. Does this thought keep me from feeling the way I want to feel?
5. Does this thought keep me out of the trouble I don't want?

Maxie Maultsby
Rational Behavior
Therapy (RBT)