

## EXAMPLES OF EXTINGUISHING THOUGHTS

- If I get angry, she wins.
- I'm seeing his worst side, and he's seeing my worst.
- I don't know why she did that. Perhaps she was having a bad day.
- Relax. Don't assume the worst.
- Happiness is the best revenge.
- This is my chance to prove I can endure this with class.
- If he treats me that way, he's not worth getting angry about.
- Character is like a pearl. It's built from layers of patience.
- Who said life is fair?
- I can't change her. I can only change myself.
- I earn respect by acting respectably, not by making people afraid.
- Speak your mind slowly and firmly—no threats, no avoidance.
- Will I care about this a month from now?
- Take a deep breath and relax.
- Don't try to settle this all at once. One step at a time.