



**Mental Mechanic**  
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## **H.E.A.T.**

"Habitual Emotional Automatic Thinking"

- react to what's going on around me
- believe my thoughts are facts
- go with the flow
- allow my emotions to dictate
- react automatically
- blow problems out of proportion
- use energy to assign blame
- focus on the past
- usually reject opportunity
- complain about my plight

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## **C.O.O.L.**

"Consciously Objective Optimum Living"

- choose what to think about.
- base decisions on verifiable facts
- monitor what I am thinking
- control my negative emotions
- choose my response.
- keep my problems in perspective
- use my energy to find solutions
- almost always plan my future
- able to respond to opportunity
- enjoy my success