



**Anabel Lee**

**J E N S E N**

EMOTIONAL INTELLIGENCE: YOGA FOR THE MIND

# Consequential Thinking

## Twelve-Step Action Plan for Building Consequential Thinking

I searched diligently within the Internet to find data and statistics about the use or neglect of consequential thinking.

I was actually shocked about the limited amount of information available. Very little data exists. I did find the following [this website](#) and article to be of interest.

In this post, cited resources illustrate the challenges that might arise from thinking that neglects anticipation and forethought. For example, quick-draw choices can result



## Quotation

Watch your thoughts, for they become words. Watch your words, for they become actions. Watch your actions, for they become habits. Watch your habits, for they become character. Watch your character, for it becomes your destiny. ~Unknown

in delinquency, substance abuse, teen pregnancy, school dropout, and jail time. On the other hand, the ability to brainstorm multiple alternative possibilities resulted in flexible behavior, persistent resourcefulness, and increased resiliency.



### **The Knock Out Punch to Negativity**

Before you say or do anything to yourself or others, ask:

Is it **T** rue?

Speak only the truth

Is it **K** ind?

Do you feel compassion in your heart

Is it **O** bligatory?

Is it important that you say it?

### **Discuss and Stimulate Consequential Thinking: Older**

1.

You live in an orphanage and money is scarce. A car lot owner offers to give the head of the orphanage a \$15,000 van for field trips if the head gives him a tax receipt that states the van was worth \$30,000. Should the head agree to do this? Why or why not?

2.

Someone in the school cafeteria who is very thin hides a candy bar in his jean's pocket and does not pay for it. Do you tell on him? Why or why not?

# Consequential Thinking Questions

We all know that hindsight is 20/20. How then can we use that technique and skill to avoid such challenges, as gaining unwanted weight, alcohol/drug addiction, and/or serious debt?

Hindsight clearly demonstrates the resulting crisis or a drama—everything from broken windows to jail sentences.

So, perhaps asking:

If I do \_\_\_\_\_, what might happen?

And the second significant question would be:

Instead of doing \_\_\_\_\_, how many other possibilities can I identify?

In addition, the third question would be:

Which of these actions will generate the most positive outcome?

Lastly,

If I do nothing, what will happen?

## Stimulate Consequential Thinking - Younger

- *You are at the mall and notice a young girl (about your age), dressed in ratty clothing, stuff a pair of brightly colored tights inside her coat. Should you report this theft? Why or why not?*
- *A rich man and a poor man commit the same crime. The rich man is fined \$10,000 and the poor man goes to jail for one year. Is this fair? Which would you choose and why?*



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## Website of the Month:

My experience is that the discussion of moral dilemmas (situations that have no obvious correct answer, no obvious right or wrong, etc.) with my child, my niece and nephew, my classroom, etc. helps children to: develop alternative solutions; consider the pros and cons of any choice; and decide the ultimate change that might benefit the relationship, the classroom, and/or the community. Here are some dilemmas appropriate to specific ages/stages:

[Moral Dilemmas](#)

Check it out and spend a fun-filled hour.



## Role Models

**Malcolm Mitchell.** A star college football player for the university of Georgia hits the news – not because of a touchdown – but because of the reading club he has chosen to join. Watch [this video](#) and see why.



## Six Seconds Product to Support Consequential Thinking

### Think, Feel, Act Cards

This product from Six Seconds helps clarify the components of decision-making, shows the links between thought, feeling, and action, and increases awareness of patterns.

[More Info](#) >>