

HOW: THINKING ABOUT THINKING

If you can't describe what you're doing as a process, you don't know what you're doing.

~ Peter Drucker

Dr. Charles Parker

You can't take ownership if you don't know what you own.

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INTRODUCTION:

Today many who suffer life-challenges, also endure an additional, overlooked, potentially dangerous, and often-denied cognitive/mental *pandemic-in-process*: **not thinking about the thinking process**. Today thinking-target-objectives suffer pervasive maladaptive target denials that drive treatment inadequacies. Own your *Thinking Process*, your *How-You-Think*. The multiple destructive consequences of this pervasively *ineffective* standard contribute to suicide, homicide, the developmental arrest of leaders & entire societies - yes, wars & revolutions. Ownership and accountability matter.

Not-thinking and inaccurate-thinking both create black holes of not-knowing, with commonplace, impulsive, maladaptive outcomes. **Thinking is a Process that must include the variables of Time, Self-Management, and Practice**. Our current standard is based upon the passivity of fixed labels, appearances, and inadequate measures that lead to treatment failure, stigma, and ineffective communication about treatment objectives. Accountability must start with Self. Scientific accuracy today lives far beyond reductionistic representations. Our futures depend on more informed treatment processes. Whimsy does not correlate with the predictability of contemporary neuroscientific findings and measured protocols.

Invisible thinking escapes recognition and challenges facing all of us: Identification of informed management protocols for widespread maladaptive thinking [too much, too little, ineffective, reductionistic, biased, fixed] processes that directly handicap both individuals and society - indeed most of humankind. Together we must collectively evolve contemporary mental health practice **beyond targeting only what we can see**. Appearance labels and simplistic diagnostic patterns deny aspects of our complex realities. Effective thinking processes encourage adaptive behaviors that endure over time. Targeted, informed training will help encourage more adaptive thinking. Ignorance is maladaptive. Journal your progress.

The clear, explanatory links below connect with 1. Utilitarian PDF downloads that contain instructional links, and 2. Video playlists to simplify more specific, targeted communications. Train your Self.

1. Inform each patient: your mission is to educate to improve their target recognition, 2 PDFs: <http://corepsych.com/why-what> | Tools for Med Checks: <http://corepsych.com/tools>
2. Then, develop *patient feedback* loops with specific numbers to communicate more precisely. PDF: <http://corepsych.com/feedback> |! Vids re Growth Mindset: <http://corepsych.com/growth>
3. Specific links and video playlists: a Video Table of Contents in two PDF pages:
For **patients**: <http://corepsych.com/how> | This PDF for **providers**: <http://corepsych.com/how-2>
4. Bibliography: Read these books to move forward: PDF: <http://corepsych.com/read>
5. The diagnosis for Executive Function: "ADHD" challenges improve if using brain function targets: <http://corepsych.com/diagnosis> - Videos | Brief How audio snippets: <http://corepsych.com/rules>
6. Medications must be targeted correctly - based upon specific Neurotransmitter Imbalances: <http://corepsych.com/targets> - Videos | Essential Drug Interactions: <http://corepsych.com/2d6>
7. Serotonin & dopamine targets require more precision: Videos | <http://corepsych.com/balance>
8. Regarding using medications for ADHD |Executive Function: Videos - <http://corepsych.com/doi>
9. *Failure to adapt effectively* to change reveals treatment failure. Measured timing and context variables, including feelings-management, helps identify maladaptive Executive Function problems, self-management challenges, diminished ownership, outright denial, and underlying developmental arrest.
10. GI/Metabolic roadblocks can be measured at no cost with the Transit Time Tool documented as instructive by this Mayo Clinic ref. in PubMed: <http://corepsych.com/ttt> - PDF | Science matters.
11. Immune system dysregulation is the single most common biomedical medication impediment: <http://corepsych.com/immunity-1> - More advanced: <http://corepsych.com/immunity-2> - Videos
12. Self-management starts with self-awareness - Who you are - and then proceeds to the objective of improved responsibility for yourself and others. *Ownership and Practice* includes elemental understandings of adaptive, timely, emotionally balanced actions, and diminishes shame. Also, you feel much better!
13. Journaling to improve self-awareness and self-management will support any level of intervention, from any therapy to any medications. From 2000 years ago: **Know your Self**. Journal about your reactions to each video, and journal regularly to hold yourself accountable for improved target recognition and improved self-mastery, self-management skill sets and tutorials over time: Videos - <http://corepsych.com/path> | Video Subscription for regular updates: <http://corepsych.com/youtube>