

Think and Make It Happen

The Breakthrough Program for Conquering Anxiety,
Overcoming Negative Thoughts,
and Discovering Your True Potential



DR. AUGUSTO CURY

ONE OF THE WORLD'S LEADING PSYCHIATRISTS
WITH OVER 7 MILLION BOOKS SOLD

A PDF COMPANION TO THE AUDIOBOOK

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To protect the identities of the people whose stories are told in this book, some names have been changed and some circumstances altered. However, all of the contextual elements and results are absolutely true.

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Principle #1:

Be the Author of Your Own Story

SUGGESTED TOPICS FOR REFLECTION AND DISCUSSION

1. Your life is a unique gem in the treasure of existence: we each have a rich story. Have you invested in the quality of your life, or have you been passive about it?
2. All discrimination is unintelligent. Have you felt or do you feel inferior to other people? What is the true value you give your life and the people who surround you?
3. Empowering your inner leader means making conscious decisions that will benefit you. What disturbs you the most in the theater of your mind? What decisions have you postponed in your life?
4. A fragile person is not the author of his story and does not manage his thoughts or emotions. Are you irritable and anxious? Impulsive and intolerant? Do you demand too much of yourself? Do you demand too much of others? What personality characteristics would you like to overcome?
5. Love was the foundation of Jesus' wisdom. How much do you love life and other people?
6. Jesus used silence to call up his inner leader, and thus he was able to think before he acted. Do you use silence in tense situations? Are you able to have self-control and surprise your coworkers and family with your response when they disappoint you?

EXERCISES AND REMINDERS FOR DAILY PRACTICE

1. Referencing the characteristics of Principle #1—"Be the author of your own story"—that were described at the beginning of this chapter, journal about which qualities you need to develop.
2. List in your journal the decisions that you have postponed that need to be made.
3. Practice learning how to think before reacting. Learn to use the tool of silence when tension with others arises.
4. When every human being builds a thought, he is a great artist, even if he lives in anonymity. Never feel inferior to other people.
5. Never give up on the people you love, and never give up on yourself.
6. Do not be enslaved by your conflicts. Know what you want for your life. Practice leaving the audience each day, going onto the stage of your mind, and being your own director as well as the main actor. Free up your inner leader to do what it does best.
7. Face your pain, difficulties, anguish, sad moods, and negative thoughts with dignity. Do not fear your psychological misery, and do not fear being the author of your own story.

Principle #2:

Direct Your Thoughts

SUGGESTED TOPICS FOR REFLECTION AND DISCUSSION

1. Directing thoughts involves being free to think and not being enslaved by any particular thoughts. Do your thoughts disturb you? What thoughts steal your peace?
2. Feelings of guilt steal tranquillity. Do any such feelings haunt you? Is there anything that you cannot forgive yourself for?
3. Jesus trained those closest to him to have a tranquil and serene mind. He wanted them to live amid only the actual problems of the present. Do you suffer from anticipatory thoughts? Do things that haven't happened yet disturb you?
4. ATS is one of the most common syndromes nowadays. Do you feel that you are affected by it?

EXERCISES AND REMINDERS FOR DAILY PRACTICE

1. Referencing the characteristics of Principle #2—"Direct your thoughts"—that were described in the beginning of this chapter, journal about which qualities you need to develop.
2. Analyze if you have ATS syndrome using the test I gave the doctors (see appendix A). Evaluate whether you wake up feeling tired, if you are forgetful, if you have an agitated mind and lack concentration. Then write in your journal about the quality of your thoughts.
3. Be aware of the supporting actors in the theater of your mind, but don't let them dominate the stage. You and your conscious mind have to be the main actor.
4. Use the DCD (Doubt—Criticize—Determine) technique every day in the silence of your mind. Doubt everything that controls and disturbs you. Criticize each negative thought. Determine what you want to think and feel. Be the governor of your thoughts.
5. Practice not clinging to problems that haven't happened yet.
6. Try doing microrelaxation exercises throughout your day that focus your conscious mind on positive, relaxing things, such as your dreams, your life plans, and your relationships with the people you love.

Principle #3:

Manage Your Emotions

SUGGESTED TOPICS FOR REFLECTION AND DISCUSSION

1. Governing emotions means being free to feel, but not being shackled by feelings. It means equipping yourself to dissipate fear, recycle anxiety, and overcome insecurity. What kind of emotion disturbs you? Are you a patient person or an impulsive person?
2. Emotions are triggered by thoughts. Do you take action when you notice that irritation, aggression, and fear have been triggered, or do you simply stand back and watch them play out?
3. Jesus wasn't a slave of circumstances; he was capable of inviting people to drink from his internal well no matter the situation. Do you invite those you love to draw from the well of your tranquillity and joy? Do you suffer over little things? How do you protect your emotions?
4. There are several types of anxiety and depression listed in this chapter. Do you have any of these disorders? Do you have the courage to open your emotional heart to those close to you, or do you hide your pain? Do you know how to ask for help?

EXERCISES AND REMINDERS FOR DAILY PRACTICE

1. Referencing the characteristics of Principle #3—"Manage your emotions"—described in the beginning of this chapter, journal about which qualities you need to develop.
2. Evaluate and journal about your emotional quality of life. Analyze if you require too much to be happy, if you expect too much in return from others, if you are too worried about what others think of you, if small offenses hurt you beyond what they should.
3. Record whether you've been stressed and have manifested psychosomatic symptoms.
4. Don't run away from your emotional pain; confront your emotions and rethink them. If you flee from suffering, emotions will become a monster for you because you will have given them the power. If you face your emotions, they can be overcome, recycled, and domesticated like a pet.
5. Remember, *when we are abandoned by the world, the loneliness is bearable; when we abandon ourselves, the loneliness is almost incurable*. So do not give up on yourself! You are worth investing in!
6. Don't turn your emotions into a garbage can for your problems. Protect yourself by using the DCD technique.
7. Think before reacting in the face of offenses.
8. Manage your emotions to have hope, to toast life, and to contemplate beauty.

Don't forget that while the process of learning to think correctly can give you the bricks, only you can build with them. Correct thinking can show you to the helm, but only you can navigate the waters of emotion.

Principle #4:

Protect Your Memory

SUGGESTED TOPICS FOR REFLECTION AND DISCUSSION

1. We need to know the various roles memory plays to successfully protect the secrets of our personality and filter stressful stimuli. Which role of memory has impressed you the most?
2. The registry of memory is automatic, realized through the AMR phenomenon. Everything that happens in the theater of your mind is automatically recorded there. Every day, you either plant flowers or accumulate rubble in your memory. Did you know that? Have you concerned yourself with what is registered in your memory?
3. The emotion determines the quality of the registry. Experiences with greater degrees of tension are registered in a privileged manner. Do you try to work through your anger, anxiety, and frustration to protect your memory?
4. Memory cannot be deleted, only reedited. Do you reedit the movie of your unconscious, doubting your negative thoughts, criticizing your anxious reactions, and determining that you will be free? Or do you passively wait for your crises to go away?
5. Jesus never gave up on anyone. He gave every chance to those who made mistakes, failed, betrayed, denied, or ignored their quality of life. Do you give yourself new chances? Do you know how to start over again? Do you invest in those who disappoint you?

EXERCISES AND REMINDERS FOR DAILY PRACTICE

1. Referencing the characteristics of Principle #4—"Protect your memory"—described in the beginning of this chapter, journal about the ones you need to develop.
2. Record in your journal whether you filter stressful stimuli and protect your memory, or whether you allow small things to cause disturbances and anxiety.
3. Remember that one Think Correctly principle depends on and reinforces the other, so contemplate beauty and free your creativity even as you manage your thoughts and protect your emotions.
4. Act on the traumas, conflicts, and internal difficulties that you are aware of, using the DCD technique. Reedit the movie of your unconscious. Open the healthy windows in your memory.
5. Do not be passive in the face of emotional ideas and reactions that disturb you. Face and rethink your anxiety, relational concerns, activities, mental images, and unhealthy thoughts. Be the author of your story. This is your great goal!

Principle #5:

Learn to Listen and Dialogue

SUGGESTED TOPICS FOR REFLECTION AND DISCUSSION

1. The art of listening is the capacity to listen without prejudice. When you listen to someone, do you try to put yourself in that individual's place, or do you listen to what you want to hear?
2. The art of dialoguing is the art of talking about yourself and exchanging life experiences. Are you afraid of talking about yourself? Are you afraid of being criticized, judged, or misunderstood?
3. How is your marriage relationship? Have you been an open book to your loved one? Are there fewer compliments and more criticism? Have you used small gestures to enchant your spouse?
4. How is your relationship with your children? Do you criticize them a lot? Have you shared your story with them? Have you stopped to listen to them, gotten to know their dreams, their fears, their disappointments? Do they know you? Do they know your goals, successes, failures, and tears?
5. Jesus wasn't ashamed of talking about himself; he wasn't afraid of his anguish. Is there an emotional pain or conflict that you would like to talk about but haven't been able to?

EXERCISES AND REMINDERS FOR DAILY PRACTICE

1. Referencing the characteristics of Principle #5—"Develop the art of listening and dialoguing"—described in the beginning of this chapter, journal about which ones you need to develop.
2. Journal about the quality of your dialogue with these six groups of people: parents, spouse, children, friends, students, coworkers. What grade would you give yourself? What grade would you give the transparency and listening in each group? Take into account how well you know each other, whether you exchange experiences, and the frequency of your dialogue.
3. Turn off the TV and invite your children, your spouse, or a friend to dialogue once a week. Every now and then, make a date with one of your children or your spouse and talk openly to each other. The best way to help a person to open up is to abandon your own pride and tell them your story.
4. Surprise those you love with small gestures. Lose your fear of crying, of apologizing, of telling them you love them and need them.
5. Practice putting yourself in the place of others and discerning what is behind their reactions and behavior. Listen more, judge less, and understand more.
6. Be spontaneous and transparent—be yourself—rather than worrying what others think and say about you and trying to conform to their perceptions.

Principle #6:

Learn the Art of Self-Dialogue

SUGGESTED TOPICS FOR REFLECTION AND DISCUSSION

1. Self-dialogue is open, intelligent dialogue with your own self. It is the exercise that builds a romance with life. Do you live this romance, or have you abandoned yourself?
2. Have you had a roundtable with your fears, anguish, and conflicts? Do you ask: Why? How? Where? What are the fundamentals?
3. Do you have killer windows? Do you lose control of yourself sometimes? Do you react drastically and then regret it?
4. We should use the DCD technique to reedit the unconscious movie and the roundtable of the self to create parallel windows. Do you understand these phenomena? What do you need to reedit in your life? What have you tried to change but were unable to? Hopefully this chapter will encourage you to try again, but with the new understanding you've acquired.
5. Jesus was very concerned with the need for human beings to rescue the leadership of the "self" and fully exercise their free will. Have you chosen your paths, or have you felt incapable of doing so?
6. Do you feel that you have contaminated anyone's memory with your impulsive attitudes? Are you willing to rewrite your story and attempt to heal the damage you've done?

EXERCISES AND REMINDERS FOR DAILY PRACTICE

1. Referencing the characteristics of Principle #6—"Learn the art of self-dialogue"—described in the beginning of this chapter, journal about which ones you need to develop.
2. Talk, debate, and discuss things openly within yourself. Go inside. Become your best friend. Analyze if you have had time for everyone but yourself.
3. Have a roundtable of the self for at least ten minutes twice a week. A good time to use this technique is during your shower: while you wash your body, you clean out the theater of your mind.
4. Have brief self-dialogues a few minutes every day at work, at home, or while you exercise.
5. Turn the tables within yourself. Don't be passive; disagree with your unhealthy emotions. Do not accept any frustration without filtering it first. Question it. Do not accept any conflicting idea without debating it.
6. Don't submit to the control of killer windows. Reedit your unconscious movie and create parallel windows. Practice the roundtable of the self and the DCD technique throughout your life. And remind yourself: freedom is an accomplishment.

Principle #7:

Contemplate Beauty

SUGGESTED TOPICS FOR REFLECTION AND DISCUSSION

1. Contemplating beauty means being wealthy without having huge sums of money. Are you emotionally wealthy, or do you lack the bread of joy? To contemplate beauty is to write a poem with your life. Have you done this somehow?
2. Emotions can age quickly. Are you young in the territory of emotions, or do you feel that you are aging, stressed, and assaulted with preoccupations? Are you an ill-tempered person? Do you have psychosomatic symptoms?
3. One of the causes of anxiety, impatience, and dissatisfaction is the failure to contemplate beauty. Are you a specialist in pointing out your flaws in the mirror? Is patience woven throughout your story?
4. Jesus lived through stress and loss from his childhood on, but he was healthy and tranquil. Pain built him up. He became a craftsman of the human personality because he was a great observer. Are you a great observer? Can you extract pleasure from simple things? Have you set free the child that lives within you?
5. At the height of his fame and commitments, our model of sensitivity did a lot with very little. How about you? Have you done a lot with very little? Are you buried in your activities?

EXERCISES AND REMINDERS FOR DAILY PRACTICE

1. Referring to the characteristics of Principle #7—"Contemplate beauty"—described at the beginning of this chapter, write in your journal about which ones you need to develop.
2. Make a list of the beautiful things that surround you. Pay attention to the details of a painting, the anatomy of flowers, the style of your house, the behaviors of people.
3. Take care of your plants. Write poems. Refine your pleasure in reading, painting, and singing. Roll around playfully on the rug with your children. Value the things that are simple.
4. Practice feeling beautiful internally as well as externally. Beauty is in the eyes of the beholder. Don't be enslaved by the standard set by the media.
5. Take ten minutes a day to sit in contemplative silence. Or during work, do a little one- to two-minute relaxation exercise and observe the beautiful things around you. Contemplating beauty fuels the pleasure in living. Talking about quality of life without contemplating beauty is like building a mirage.

Principle #8:

Unleash Creativity

SUGGESTED TOPICS FOR REFLECTION AND DISCUSSION

1. Freeing creativity means turning life into a great adventure. It means being open to other possibilities, having pleasure again, making new discoveries, and appreciating challenges. Have you freed your creativity, or are you enclosed within your routine?
2. Surprising others is fundamental to building an excellent image in their unconscious. Do you surprise others? Are you able to enchant them when they make mistakes or frustrate you? Do you say things you've never said before?
3. Obsession is a source of anxiety. Do you have fixed ideas or repetitive behaviors that disturb you?
4. Jesus enchanted people. Everyone had access to him. He knew how to praise, encourage, and motivate people. He had a contagious joy and sociability. Do you feel that you live in a cocoon? Do you feel that you need to open up more?

EXERCISES AND REMINDERS FOR DAILY PRACTICE

1. Referencing the characteristics of Principle #8—"Unleash creativity"—described at the beginning of this chapter, journal about the ones that you need to develop.
2. Surprise yourself. Do things that are healthy and pleasurable.
3. Surprise others. Talk to your children, friends, parents, and coworkers with tenderness and transparency. Ask questions you never asked before. Tell them how important they are to you. Hug them.
4. Greet those who have "simple" jobs in a way that will communicate to them that they are very important.
5. Economize on criticisms and judgments, but spend lavishly on compliments to those you love or work with.
6. Spend a weekend at someplace new. Walk different paths. Drive new routes to work. Give flowers on unexpected occasions.

Principle #9

Be Restored in Your Sleep

SUGGESTED TOPICS FOR REFLECTION AND DISCUSSION

1. Sleeping isn't enough; you must sleep with quality. Sleep is life's litmus test. Has your sleep been restorative? Do you wake up feeling tired?
2. Many people live each day as if they were in a battle. Are you buried under your activities? Do you think excessively?
3. Jesus was able to sleep even during stressful situations because he knew how to protect himself. He forgave through understanding. He helped person after person but didn't live in their pain. He knew how to protect himself. Do you know how to protect yourself? Are you an understanding or an impulsive and unempathetic person?
4. Forgiveness is a wonderful sedative. Who are you unable to forgive? Do you find it hard to forgive yourself? Are you too demanding of yourself?

EXERCISES AND REMINDERS FOR DAILY PRACTICE

1. Reflecting on the characteristics of Principle #9—"Be restored in your sleep"—described in the beginning of this chapter, journal about the ones that you need to develop.
2. Write about the people who sometimes affect your sleep—who frustrate and disturb you and who you still haven't been able to forgive. Try to understand them rather than resenting them.
3. Practice not taking your problems to bed. Don't buy into problems that don't belong to you. Don't carry the world on your shoulders. You have limits; don't try to be a superhero. Reap serene sleep after sowing a tranquil day.
4. Get regular physical exercise. Physical exercise liberates endorphins in the brain, which are a natural tranquilizer that relaxes you and induces sleep.
5. Read pleasant books before going to bed. Avoid eating two hours before lying down if you have some kind of sleep disorder. Also avoid turning on the TV or the computer half an hour before going to bed.

Principle #10

Live an Enterprising Lifestyle

SUGGESTED TOPICS FOR REFLECTION AND DISCUSSION

1. To think correctly means creating opportunities. Have you created opportunities to achieve great accomplishments? Do you face your labyrinths with courage, or are you afraid of the unknown?
2. Are you aware of the small problems at work and in your relationships with your children and spouse, or do you discover them only when your world is crumbling? Do you have the courage to once more win over what you love the most?
3. Have you been an enterprising professional, parent, youth, or lover? Have you had the courage to fall and get up again? Have you freed your creativity to enchant people, solve what no one else has solved, prevent and correct mistakes? Have you made a difference in your world?
4. Jesus won people over without controlling, pressuring, or dominating them. Do you expose or impose your ideas? Do you have a positive influence in your world?
5. Jesus didn't promise his disciples paths without risks, journeys without accidents, or work without hardships. But he did promise strength in moments of loss, wisdom in moments of torment, and consolation in moments of despair. Do you have strength, wisdom, and consolation in these situations?

EXERCISES AND REMINDERS FOR DAILY PRACTICE

1. Referencing the characteristics of Principle #10—"Live an enterprising lifestyle"—described in the beginning of this chapter, journal about the ones that you need to develop.
2. Among the ten keys to being an enterpriser, choose and reflect on the one you need to work on the most.
3. Don't be afraid of failure, but do be afraid of not trying. Don't join the mass of frustrated people; be prepared for social and professional challenges.
4. Life is a maze through many seasons, with many twists and turns. Therefore, plan your life. Never spend more than you earn, and don't spend everything. No one knows what valleys they will have to cross in the future.
5. If you are an employee, free yourself from the prison of insecurity, and leave the comfort zone of your diplomas and former successes. Be a conqueror. Explore the unknown.
6. If you are a student, value your studies. Love your school and your teachers. Have courage. Be enterprising without being afraid of failing. If you fail, rethink your life, but don't retreat. Think correctly.

Principle #11:

Think Existentially

SUGGESTED TOPICS FOR REFLECTION AND DISCUSSION

1. The same existential disquietude that primitive tribes have had, modern man also has. What are we? Who are we? Where are we going? Analyze if these questions occupy the stage of your mind.
2. The human being is a question in search of an answer. Do you realize that life is very beautiful and brief? Does the brevity of existence encourage you to find a deeper meaning for your life?
3. Science has made spectacular leaps, but it hasn't eliminated the physical and especially the psychological miseries of the human being. Do social violence, terrorism, hunger, chemical dependency—in other words, the problems of humanity—bother you? Do you try to help your fellow man in any way?
4. Existential thinking quiets the thoughts, tranquilizes the emotions, and brings consolation in loss, courage in injustice, and hope in chaos. Have you calmed the waters of emotion? Is the future a dream or a nightmare for you?
5. Does the end of existence haunt you? Does the fact that death is an unavoidable phenomenon disturb you? Have you suffered the loss of someone dear, and does it still hurt you?

6. Jesus invited but didn't pressure people to follow him. He exposed rather than imposed his ideas. He surprised everyone with his kindness. He fully lived out the most important features of a correctly thinking mind. Have you lived out the principles we've covered in this book? Has searching for God, regardless of a specific religion, enriched your emotions and your social relationships?

EXERCISES AND REMINDERS FOR DAILY PRACTICE

1. Referencing the characteristics of Principle #11—"Think existentially"—described in the beginning of this chapter, journal about which ones you need to develop.
2. Explain in your journal what you think of life. Mention your doubts, unrest, and fears about the end of existence.
3. Try to be faithful to your conscience in your search for God. Exercise your free will. Be free. Those who are not faithful to their conscience can never repay that debt to themselves. They are not honest with themselves, and therefore they can't find tranquillity.
4. Rescue your understanding of the meaning of life. Search for something beyond your work commitments and social activities that can quench your spirit and give you motivation to live.
5. Participate in philanthropic activities. Give to your fellow man.
6. Think with freedom and intelligence. Practice exposing rather than imposing your ideas.
7. Evaluate if the practice of existential thinking, regardless of religion, is developing the most important functions of your mind.

The Brevity of Life Demands Wisdom

How did gold and precious stones become the most valuable commodities on earth? They are rare and hard to come by. In that, they perfectly illustrate this maxim: that which is in shortest supply is valued most.

If that is true, why don't we value our lives above all other things? Measured against the eons of earth's history, our seventy to one hundred years on this earth are but the blink of an eye. That brevity suggests we should value our lives far more than we do—that we should be gleaned from them every joy and pleasure that is possible to discover and experience. Yet because we lose sight of the big picture, we put off till “tomorrow” those choices and actions that will lead to health in the long run.

Being wise doesn't mean being perfect. The best definition of wisdom is from the ancient Hebrew culture, where wisdom meant skill. If one was a gifted artisan or craftsman, he was said to be “wise.” Therefore, wisdom in life means living life skillfully. It means knowing how to respond to every event life brings—positive or negative, hurtful or helpful, joyful or sorrowful. It means knowing how to pilot your life as a ship captain pilots his craft, avoiding the shoals and hidden dangers that only the skilled eye can see.

Who Will Benefit from This Book

“Thinking correctly” means becoming the author of one’s own story, becoming capable of contemplating beauty, finding pleasure in living, enjoying refreshing sleep and rest, breaking free from the prison of destructive emotions, being enterprising and creative, and building and sustaining healthy relationships. Do you know anyone who would not profit from such a mind-set?

If you’re still not sure, consider the following list of symptoms that are commonly found in modern societies, and note how many of them you experience. Then see where you stand at the end. (Note: this is the test I gave the doctors on the cruise ship—discussed in chapter 2.)

Psychological Symptoms

- Exaggerated fatigue
- Accelerated thoughts
- Insomnia
- Drowsiness
- Forgetfulness
- Lack of motivation
- Discouragement
- Diminishing sexual pleasure
- Low self-esteem
- Fear
- Loss of pleasure in living
- Sadness or depressive moods
- Lack of concentration
- Suffering by anticipation
- Anguish (anxiety + tight chest)
- Aggressiveness
- Intense feelings of guilt
- Loneliness
- Thoughts of giving up on life

Psychosomatic Symptoms

- Headaches
- Breathlessness
- Dizziness
- Tachycardia (elevated heart rate)
- Knotted throat

- Chest tightness
- Muscular pain
- Prurigo (itchiness)
- Gastritis
- Hypertension when tense
- Diarrhea when tense
- Increased appetite (or diminished appetite)
- Excessive sweating
- Crying or the desire to cry
- Cold or sweaty hands
- Hair loss

The more symptoms a person is experiencing from either category, the more diminished is one's quality of life:

0 symptoms: Excellent quality of life

1–2 symptoms: Good quality of life

3–4 symptoms: Ordinary quality of life

5–9 symptoms: Poor quality of life

10 or more symptoms: Severely diminished quality of life

This classification is not rigid, of course. It merely illustrates why some people experience a lesser quality of life.

If you are experiencing none of the symptoms above, you should still absorb the material in this book in order to strengthen and sustain the quality of life you have and to be able to gain expertise with which you can help others. If your quality of life is anything less than excellent, you can make significant moves toward improving it by working through the twelve chapters of this book.

For Small Group and Classroom Use

While the Think Correctly principles can be used on an individual basis, applying these principles in a group setting is one of the main goals of this book.

As the title suggests, *Think and Make It Happen* is intellectually interactive, allowing for the exchange of experiences between readers. When used in a small group, it produces mutual learning opportunities and the chance to build a fascinating network of social relationships. Such interaction and accountability encourages the practice of the Think Correctly principles and stimulates social and psychological health in a way that can't be duplicated in isolation. However, if you wish to work through it as an individualized program, go back to the beginning of the book and begin again, step by step, week after week. Then, in the twelfth week, gather those you love and prepare a pleasant dinner for them. If the program was good for you, encourage them to practice it. It will be an act of love toward them.

Interested in Facilitating?

This book offers a precious opportunity for the psychological training, emotional education, and intellectual development of the most important functions of the mind. Many people have used the Multi-Focal

program and these twelve principles to better their lives, including doctors, teachers, patients, students, parents, spiritual leaders, and employers. So no matter who you are, you can form small groups in your school, company, family, or church. And if you want to lead a group like this, and you have a heart for this discovery process, then pursue it.

Facilitating doesn't mean you have to be the most capable person in the group. It isn't necessary to have a college degree, be a health worker, or be an educator either, although these professionals are welcome. What is required is having life experience and the motivation to help others discover and develop their amazing minds.

If you've decided to accept the challenge, then congratulations on your love for life. You are sure to be rewarded in many ways for participating in this dream, for giving to others, and for doing your part so that humanity can be a little better.

Before the First Meeting

- Seek to assemble a group of at least ten to fifteen people if possible.
- Ideally, you will have twelve meetings—one for each Think Correctly principle.
- Each group should have a facilitator who will be responsible for the practical aspects: publicizing the group, keeping meetings on schedule, establishing the time and location of the first meeting, etc. (The facilitator should encourage the development of new facilitators during the program. After the end of each course, the new leaders can form their own groups within their circles of contact.)
- During the meetings the facilitator's main role is not to control the group but to moderate the exchange of experiences and ideas. A mind that thinks correctly loves to promote the growth of others. The facilitator should read this book at least two or three times to be familiar with it, and before each meeting, should

review the “Suggested Topics” section included in this PDF.

This can serve as a general topical outline and help the facilitator encourage the sharing of ideas and experiences within the group.

- It is recommended that each participant get his or her own copy of the book to study, take notes in, and complete the homework.
- Ask all participants to read the introduction and appendix A. (The first meeting will begin with exploring the first Think Correctly principle.)

Meeting Guidelines for Facilitators

- Conduct a ninety-minute meeting for twelve weeks. The group will discuss one Think Correctly principle each week, except for Week 12. See the last item in this list for an explanation.
- It would be ideal if there were instrumental music being played in the background during the meetings, but it’s not a rule. Music is relaxing and opens the windows of memory.
- Greet each group member before each meeting, and encourage the other members to do the same.
- Start on time, and if possible, have all meetings held at the same time and in the same location.
- Have participants sit in a circle or a U formation so that they can see each other’s faces. Remember that facial expressions and body language say as much or more than words.
- *For the first meeting:* Give a brief synopsis of the Multi-Focal program and the twelve principles in this book, introduce the members of the group, discuss group expectations, explain the structure and schedule of meetings, etc. Remind everyone that confidentiality, respect, and understanding are crucial. In such an environment, talking about our hurtful experiences relieves us and gives us the tools to prevail. Also, mention that learning to listen is even more important than speaking. The members shouldn’t require eloquence from each other; but if everyone is paying

attention, they can extract gold from the simplest of experiences.

- *Phase I of each meeting (15–20 minutes)*: Summarize each chapter, enriching it with your own experiences and highlighting key thoughts from your reading. You may also want to read aloud excerpts from the chapter, or ask willing group members to read the excerpts.
- *Phase II of each meeting (60 minutes)*: After your summary, open the discussion to the group. This is the most important phase. Encourage each member to
 1. give opinions;
 2. expose his or her experiences;
 3. talk about his or her difficulties for no more than five minutes. If someone exceeds the time limit, politely tell that person that he or she has another minute to conclude. In this way, even the most timid person can have a chance to participate. (Note: Don't forget the Think Correctly tenet that *those who are fragile hide their mistakes; the strong recognize them*. As the facilitator, be willing to be the first one to courageously share your feelings: "I need to improve in this area . . ." "I have this difficulty . . ." The participants who do not wish to speak don't have to, but the more people participate, the better their quality of life will be. Keep in mind, too, that if a member has had an experience that he or she considers compromising and prefers never to discuss it in the group, he or she should be encouraged to seek the help of a psychologist.) Affirm and thank each member after that individual shares, and make sure the group applauds when someone tells his or her experiences.
- *Phase III of each meeting (10–15 minutes)*: Do a quick review of this week's principle. Give a short wrap-up that includes directing members to explore on their own the "Exercises and Reminders" section included in this PDF (which contains material that all participants should be encouraged to apply during the week). Then assign the next chapter for reading. Encourage participants

- not to just read but to study next week's principle ahead of time.
- Because an accomplished mind encourages others in the best way, have a round of applause at the end of each meeting. That way everyone can send each other off with wishes for an excellent week of practicing the latest Think Correctly principle.
 - (*Week 12*): At the final group meeting, have a wonderful party with all the members participating. Notify the group about it ahead of time so that members can invite their friends, children, parents, neighbors, colleagues—in other words, anyone they hold dear. It should be a happy event that can also include games and decorations.

Read or talk about the text in chapter 12, with beautiful music playing in the background. This shouldn't take more than fifteen minutes. Next, ask the group members to come up to the front. With the music continuing to play quietly, encourage each participant to take two minutes to talk about or read an excerpt, outlining the most important things they learned or experienced while participating in this project. (Again, notify them of this in Week 11 so they can prepare.) They can also share what they expect about how their lives will be from now on.

After these testimonies, encourage the guests to form new groups, commenting that participation is free of charge and that the only cost is the book. The members of the group should pass around registration forms containing a few important phrases taken from this book and giving each guest a flower. (People are invited with flowers because life should be a garden.) After handing out all the invitations, the invitees should be applauded and greeted by the members of the graduating group as a welcoming gesture. Finally, read out loud this message from Dr. Cury:

Esteemed friends:

Congratulations on taking this long journey. These principles have laid a road that you can travel throughout your life, till your

final breath. I only hope that the quality of life principles you have studied here can become your life-project.

The twelfth Think Correctly principle is to make life a great celebration and an eternal adventure. Today you aren't studying this principle; you are living it in a celebration of brotherhood and sisterhood, because life should be constantly celebrated.

This is a moment to enter the territory of emotion and understand the greatness and levity of life. I hope that through this experience, new groups will be formed and new facilitators found, and that the facilitator of this group will continue his or her journey with another group so that we can all learn to be passionate about life and have a love affair with it. The Multi-Focal program is indeed a love affair with life. May these twelve principles on thinking correctly lead you to live and love as never before, and give you the happiness you seek.

With kind regards,
Augusto Cury

After this, the food and fun can commence.

Using the Multi-Focal Program as a Course Discipline in Schools

Besides encouraging the practice of this program in small groups, schools and universities (including postgraduate programs) are encouraged to adopt this book and include the Multi-Focal program as a course in their curriculum.

It is best for each school to have a teacher, regardless of his or her specialization, who has the characteristics of a small-group facilitator (see above) and who has studied this book. If possible, the teacher should divide each chapter into two classes:

1st class: Presentation of the Think Correctly principle;

2nd class: Presentation of the “Model of Thinking Correctly” (Jesus of Nazareth) material.

It should be reiterated to students a number of times that the classes on Jesus’ model of quality of life are a study of applied psychology and not religion. They include time-tested material for every human being of any persuasion—including students who consider themselves to be atheists—because of the references to the scientific study of Jesus’ personality: how he lived each principle and how he developed the principles in his students, thereby creating thinkers.

After a thirty-minute presentation, the teacher should open the discussion to allow an exchange of experiences among the students. Consider using the first series of questions and comments included in this PDF for each chapter as a guideline. The second list could be used as homework.

This new discipline does not exclude the possibility of students participating in other Multi-Focal groups in the format already covered, for the themes are complex and inextinguishable. In the face of the worldwide educational crisis, Multi-Focal Psychology can provide students a great opportunity to improve their minds and become excellent thinkers. Yet this book also includes all the great themes of life education: training in peace, stewardship, health, the exercise of human rights, and the practice of citizenship.

Whether the material in this book is taught in twenty-four classes or less, it is a short time for such great gains! Students gain access to knowledge that can help prevent depression, suicide, pharmacological dependencies, anxiety, stress, phobias, timidity, and violence. The systematic study and application of these principles also contributes to the formation of sympathetic, tolerant, sociable, affectionate, creative, wise, and enterprising leaders for tomorrow. Think of the leap in quality of life that our children and our society would have if this material finds an even greater place in academia.

In any case, it is my belief that this program realizes the dream of Moses, Mohammed, Confucius, Augustine, Plato, Piaget, Freud, Paulo

Freire, Einstein . . . in other words, all the great thinkers of history: the dream of forming free and mature human beings.

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