

# How to use Logical Lists

If you're struggling with something that you hate; being stressed, being frustrated, your partner's selfishness, experiencing fear, being lied to etc then take a moment and stop!

Write down 30 reasons why this thing that you hate is GOOD.

Then come up with the opposite and write 30 reasons why this thing (that you probably love) is BAD.

So, using selfishness and generosity from above, it would look like this;

1. 30 reasons why selfishness is good.
2. 30 reasons why generosity is bad.

We say 30 reasons because it's a pretty long list and it forces you to be creative and think in new ways. It forces you to suspend judgement or belief about what is possible and takes you to new perspectives. Just doing this exercise alone can create huge shifts. And remember, you can do it on the things that you love too.

This logical approach works really well when combined or interwoven with other elements of RR. It can be useful to do this prior to the 5 step process because then you can add some of these reasons to your mantras. For example;

I love being selfish *because* ...

- it means I'm looking after myself by putting myself first
- It's encouraging those around me to be less reliant on me (and more independent)

I hate being generous *because*...

- People start to expect it and take me for granted, then I feel bad
- I'll have no money / time / energy left if I carry on