

# A simple example of the two column tool

Should/Because	Why?
I shouldn't feel guilty right now because I haven't done anything wrong.	I overate at the party
I shouldn't have overeaten because I will never lose weight unless I stop overeating	I was starving
I shouldn't have been starving because it was just a regular day	I forgot to eat earlier
I shouldn't have forgotten to eat earlier because eating is important	I'm human and humans forget

**I'm human, and humans forget, and so I forgot to eat earlier, and so I was starving, and so I overate at the party.**