

THE SCHOOL OF LIFE

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ADAPTABILITY



CALM



CONFIDENCE



COMMUNICATION



CREATIVITY



DECISIVENESS



DIPLOMACY



EFFECTIVENESS



ELOQUENCE



EMPATHY



ENTREPRENEURSHIP



INNOVATION



OBJECTIVITY



PERSUASIVENESS



PLAYFULNESS



PURPOSE



RESILIENCE



RESOURCEFULNESS



SELF AWARENESS



SUPPORTIVENESS



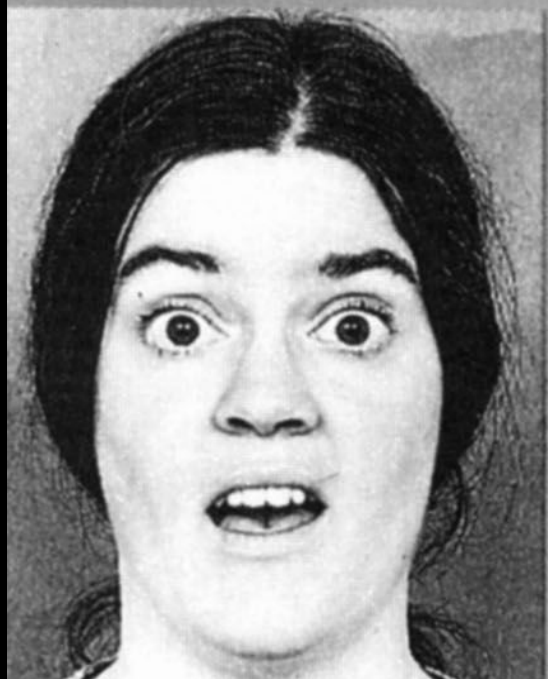
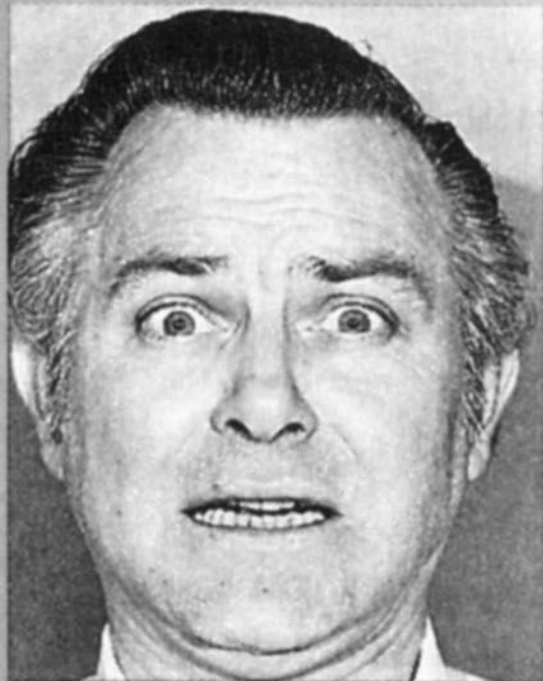


HOW
LONG
IS NOW



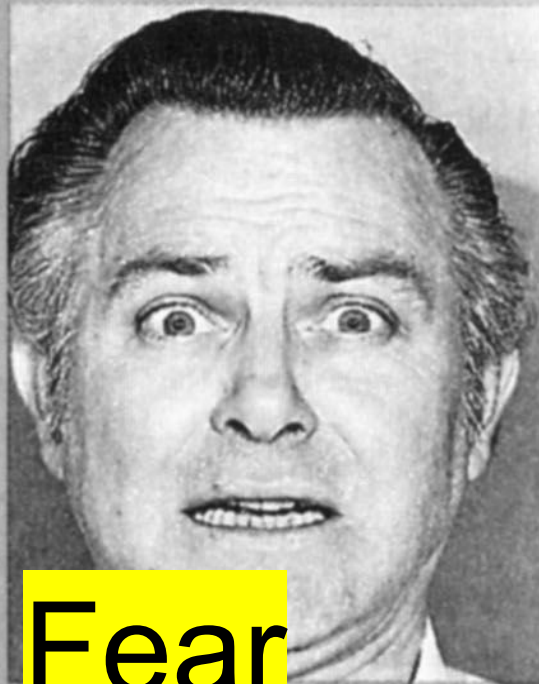
DISCO*JESNA
BOONIE







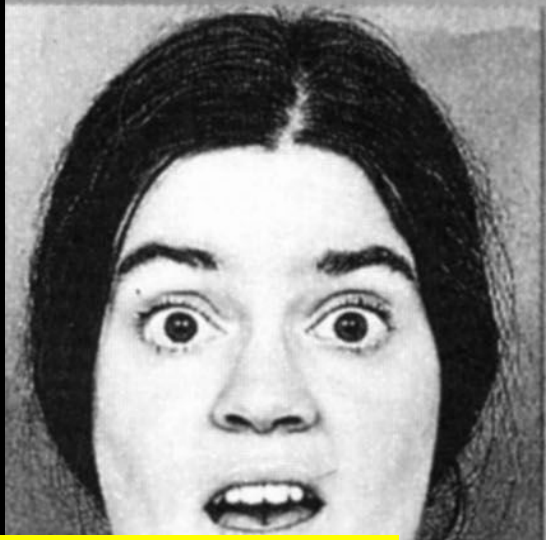
Anger



Fear



Disgust



Surprise



Happiness



Sadness

Angry

Sad

Hurt

Happy

Grumpy

Mournful

Jealous

Thankful

Frustrated

Dismayed

Betrayed

Trusting

Annoyed

Disillusioned

Isolated

Confident

Defensive

Regretful

Shocked

Relieved

Disgusted

Disappointed

Deprived

Content

Irritated

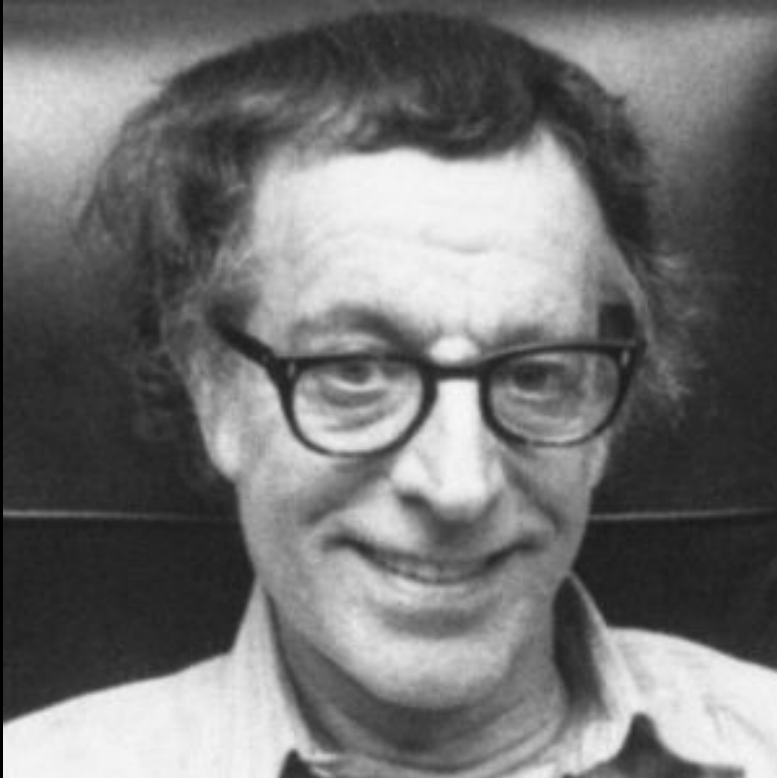
Pessimistic

Victimised

Excited

“What really frightens and dismays us is not external events themselves but the way in which we think about them. It is not things that disturb us, but our interpretation of their significance”

Epictetus
The Art of Living



Activating events

Beliefs

Consequences



Everyone I work with must approve of me at all times

I must prove myself and be seen to be a competent high performer at all times

I have an obligation to change others who act unfairly or in a way I object to

When I get very frustrated, treated unfairly or rejected, I view things as awful, terrible, horrible and catastrophic

My emotional misery comes from external pressures that I have no option to change

If something seems scary or difficult, I must preoccupy myself with it and make myself anxious about it

It's easier to avoid facing difficulties and self responsibilities than to do something about them

People and things should turn out better than they do, and I must fix them.

My past remains all-important, and because something once strongly influenced my life, it has to keep determining my feelings and behaviour today

My worth can be measured by competitive situations

The people and conditions in my life are the source of my problems

Certain Occurrences or events are negative by nature

Deconstruct your Irrational Beliefs

Can I rationally support this belief?

Evidence of the belief's falseness?

Evidence of the belief's truth?

Worst case scenario?

Good outcomes despite worse case scenario?



How do I spot them in future?



1. *Journal conflict and frustration. Ask “why?” x5*
2. *Read your body*
3. *Test the ‘rational’ version*



ANNO
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Thank you.



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